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ABSTRACT

Because teenage girls often have the poorest eating practices of any age group, and because they need more essential nutrients than at any other time of their lives except during pregnancy and lactation, the purpose of the unit, intended for American Indian girls, is to instill in them the rules of good nutrition and good eating habits. The unit stresses the following concepts: (1) nutrition affects a girl's health; (2) long ago tribal people probably had good diets; (3) fruits and vegetables, grains, and milk are important parts of a person's diet; (4) one must have a well balanced diet when dieting; (5) breakfast is an important meal; (6) snack foods can be healthful or they can be empty-caloried; and (7) school breakfast programs and lunch programs can help girls have good nutrition. The unit includes books for girls 9 to 11, 12 to 14, and 15 to 18. Background information for all ages is in the book for 15 to 18 year olds. Because long ago tribal diets were probably very healthful, some of the learning activities emphasize traditional tribal foods. The game "Bingo Lingo" is written in the Chippewa language. It may be necessary to re-write the game if the girls speak a different tribal language. The unit also includes posters and games and directions for ordering supplemental material. The leaders' guide contains additional learning activities as well as instructions for teaching the concepts contained in the girls' books. (Author/CM)

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Food and You

by Cathaleen Finley

Choices & Careers
Free To Choose

RC 012466

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Food and You

Book I

by Cathaleen Finley
Illustrated by Amy Martin

About The Author

Cathaleen Finley is an associate professor in the Department of Family Development at the University of Wisconsin—Extension. Amy Martin illustrated the unit.

1978

About The Program

"Food and You" has been developed as part of the project Choices & Careers, Free to Choose, a career development project for tribal girls. The project was developed with the assistance of tribal women in Wisconsin and was funded with special needs funds from Extension Service-USDA.

W3GY14

Fact Sheet

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Food and You – Unit For Girls

Choices and Careers
Free To Choose

Teenage girls often have the poorest eating practices of any age group, according to many dietary studies. Girls are increasingly figure-conscious and apt to skip or skimp on nourishing foods. Breakfast is often neglected. "Crash" diets should be avoided as they may injure health. Since teen-age bodies are in an important period of development, girls as teen-agers need more essential nutrients than at any other time of their lives except during pregnancy and during lactation.

Teen-age pregnancies make nutrition doubly important for the girls. Pregnancy puts an extra stress on the teen-age mother-to-be, since she must provide nutrients for her own continued development as well as for her baby.

In this unit there has been an effort to emphasize traditional tribal foods. Long ago tribal groups probably had very good diets.

The following concepts are dealt with in the unit:

Nutrition affects a girl's health.
Long ago tribal people probably had very good diets.
Fruits and vegetables are an important part of a girl's diet.
Grains are an important part of a person's diet.
Milk is an important part of a person's diet.
One must have a well balanced diet when she is dieting.
Breakfast is an important meal.
Snack foods can be healthful or they can be empty-calorled.
School breakfast programs and school lunch programs can help girls have good nutrition.

Use the booklet "Nutrition, Food at Work for You" and the booklet "Food and

You" (W3GO14) for girls 15 to 18 years old as background material for the unit. The leaders guide W2GX14 provides further help for teaching.

The unit consists of the following materials:

- "Food and You" (W3GY14) Book I for girls 9 to 11
- "Food and You" (W3GM14) Book II for girls 12 to 14
- "Food and You" (W3GO14) Book III for girls 15 to 18
- "Key Nutrients" (WKGX14-1-11), a series of sketches illustrating good nutrition
- "Daily Food Guide" (WKGX14a), a poster
- "Follow the Food Guide" (WKGX14b), a poster
- "Bingo-Lingo" (WTGX14a), a game consisting of many call cards and boards
- "Vita O" (WTGX14b), a game consisting of a set of call cards and boards

The girls materials include some Chippewa language. You may want to help the girls rewrite the material if they speak a different tribal language.

The Nutritional Adequacy Record may be ordered from Community Programs if your program is located in Wisconsin. Each girl may use the Record to record the food she eats for one day. When the form is submitted to Community Programs, 401 Extension Building, 432 N. Lake Street, Madison, Wisconsin 53706, the record will be tabulated by computer and returned for each girl to use.

The Booklet, "Food at Work for You" and posters on nutrition may be ordered from your county Extension office.

About The Author

Cathaleen Finley is an associate professor in the Department of Family Development at University of Wisconsin—Extension. Phyllis Ford, a Program Assistant for the Expanded Food and Nutrition Program in Jackson County, assisted in the development of the unit. Amy Martin did the illustrations for the unit.

About The Program

"Food and You" has been developed as part of the project Choices & Careers, Free to Choose, a career development project for tribal girls. The project was developed with the assistance of tribal women in Wisconsin and was funded with special needs funds from Extension Service—USDA.

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FOOD AND YOU

What You Are

Nutrition can help make you what you want to be. If you want to do well with your schoolwork and if you want to have pep and energy, then you must eat the right foods.

Traditional Foods

Long ago many tribal groups probably had very good diets. They probably had lots of Vitamin A in their diets. Following are the Chippewa names for some Vitamin A foods of long ago:

Oquin	(liver)
Oqocseman	(squash)
Ogwissiman	(pumpkin)
Ocheebik	(roots)
Ojwashkwabaga	(green leaves)
Masquaconeg	(dandelion greens)
Keche-ahneebish	(swamp cabbage)

No doubt your ancestors got lots of Vitamin C from all the berries they used, such as blueberries, currants, strawberries, raspberries, and gooseberries. They also got some Vitamin C from wild potatoes and green leaves such as dandelion greens.

Some Chippewa Vitamin C foods follow:

Penig	(potatoes)
Menon	(blueberries)
Meshejeemin	(currants)
Odeimin	(strawberries)
Misquemin	(raspberries)
Shaubominin	(gooseberries)
Ojawashkwabaga	(green leaves)
Masquaconeg	(dandelion greens)
Keche-ahneebish	(swamp cabbage)

Chances are that long ago Indians stored a lot of iron in their bodies because they ate wild game, fowl, and fish. Wild berries also supplied some iron, and when people dried fruit for the winter, it provided them with iron. The tribes who had wild rice had another good source of iron. These are some sources of iron.

Gigo (fish)
Weas (meat)
Oquin (liver)
Odeima (heart)
Minun (berries)
Pakaakwe (fowl)
Manomin (wild rice)
Ojawashkwabaga (green leaves)
Keche-ahneebish (swamp cabbage)
Pahta meenewin (dried fruit)
Masquaconeg (dandelion greens)

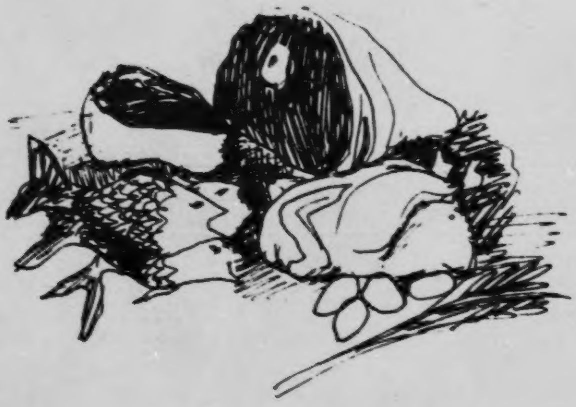
Even though most tribes did not have milk to drink, they did have ferns and green leaves for food. Such foods provided the calcium they needed. Some Chippewa foods that provided calcium are these:

Weewaugagon (ferns)
Ojawashkwabaga (green leaves)
Masquaconeg (dandelion greens)
Keche-ahneebish (swamp cabbage)
Wagemindjig toodoo shahbo
(mother's milk)

Of course Indian people long ago got plenty of protein by eating wild game, wild fowl from the forests, and fish from the lakes and rivers. Following are some of those protein foods:

Gigo (fish)
Weas (meat)
Mons (moose)
Bagan (nuts)
Nika (geese)
Oquin (liver)

Neegig (otters)
Ahmik (beavers)
Waboos (rabbits)
Asebun (raccoons)
Kag (porcupines)
Shesheeb (ducks)
Megekan (turtles)
Misissay (turkeys)
Panay (partridges)
Wawashkeshi (deer)
Atchitamo (squirrels)
Akugejesha (woodchucks)
Ocsenahquig (blackbirds)



As the white people began to take over the land and as tribal groups were placed on reservations foods such as the above became scarcer and scarcer. People began using fewer fruits and vegetables, and less meat and fish.

Today you might want to think of those foods of long ago as you decide what foods you want to eat.

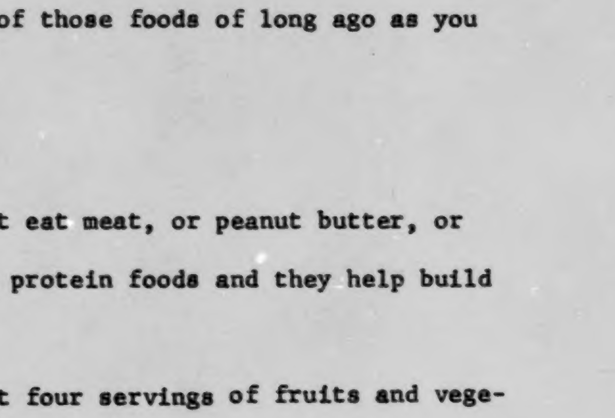
A Balanced Diet

To have good nutrition you must eat meat, or peanut butter, or baked beans twice a day. Those are protein foods and they help build strong muscles and repair tissues.

For good nutrition you must eat four servings of fruits and vegetables each day. Fruits and vegetables help you to be healthy. They provide a lot of Vitamin A and Vitamin C.

Breads and cereals are important too. They give you energy and iron.

Milk isn't just for babies. It's for everybody. If you're 9-12 years old, you need three glasses a day, and if you're



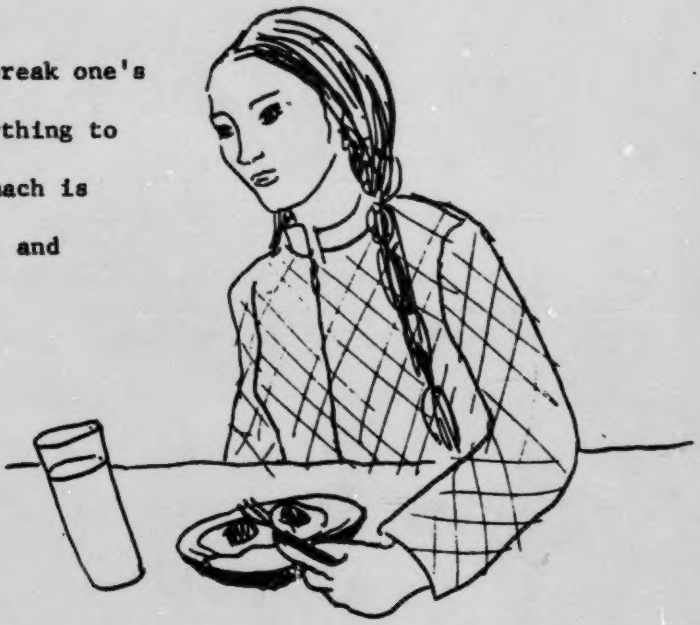
a teenager, you need four glasses a day. It's milk that helps you have strong bones and teeth.

Time for Breakfast

It's very easy for some girls to sleep "a little bit longer" and forget about breakfast. If you go without breakfast, you feel tired and run down before lunch.

The word "breakfast" means to break one's fast. You probably have not had anything to eat for about 12 hours, so your stomach is empty. A car can't run without gas, and you can't run without fuel.

A breakfast doesn't need to be elaborate. A glass of milk and a peanut butter sandwich can do very well for breakfast.



Activity Section

Score With the Basic Four

Fill in as many different foods under each BASIC FOUR FOOD GROUP as you can think of in ___ minutes (fill in number of minutes before you start).

MILK GROUP

MEAT GROUP

VEGETABLE-FRUIT GROUP

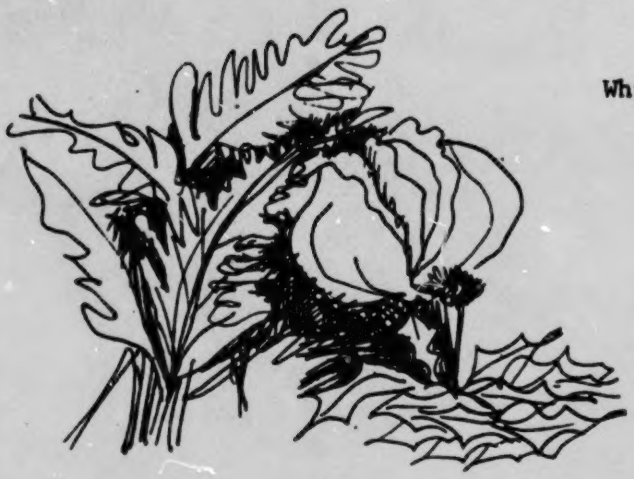
BREAD-CEREAL GROUP

Tribal Food Scramble

Unscramble the words.

quassh
atem
rveil
shif
rttule
kucd
liwd ceir
mupkpin
grasusapa
ronc
apmel syupr
soeom
ntsu
toatosep
naesb
breirsesogeo
toros
enegr vaelse
nrfes
limkdewe
delnoinad egrens
rcuartne
koech rcherseis
belubreirse
berseirarps
rechcseir
aebr
eder

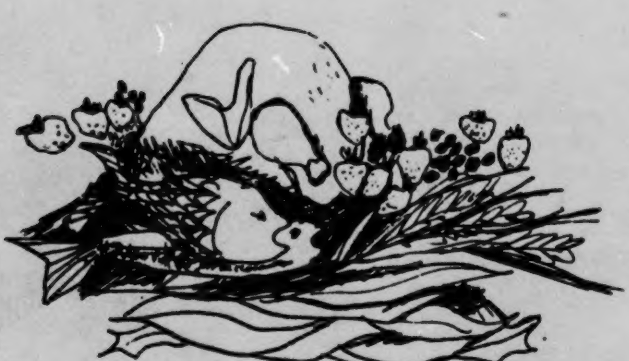
Tribal Food Scramble



Which of the foods in the
Tribal Food Scramble have calcium?

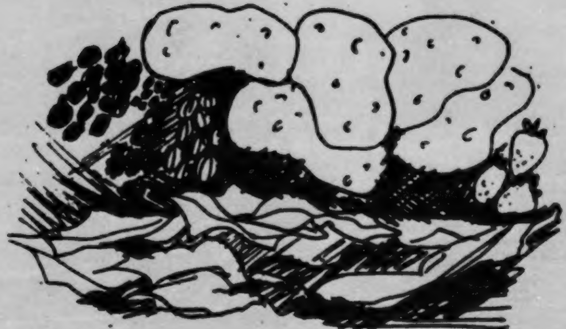
Which of the foods in the
Tribal Food Scramble have Vitamin C?

Which of the foods in the
Tribal Food Scramble have iron?



Which of the foods in the
Tribal Food Scramble have protein?

Which of the foods in the
Tribal Food Scramble have Vitamin A?



Food and Health of Long Ago

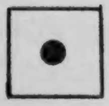
Equipment needed: pencils, dice and paper.

Object of the game: To find out how the foods your people used to eat made them healthy and strong.

Rules:

One

Must have to start



= Berries, leafy greens, dried fruit, wild game, fish, fowl, and wild rice.

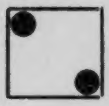
These gave your ancestors lots of iron.

With that much iron they had good red blood.

= 1 roll for body

= 1 roll for head

Two



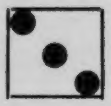
= Your ancestors ate many foods with protein such as fish, fowl, and wild game.

With that much protein they had strong muscles and good healthy cells.

Protein twice a day for you.

= 1 roll for each leg

Three



= Lots of leafy greens like ferns, swamp cabbage, and dandelion greens were eaten by your ancestors.

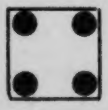
With that much calcium they had strong bones and teeth.

Calcium three times a day for you.

= 1 roll for each arm

= 1 roll for teeth

Four



= Leafy greens, squash and pumpkin, some roots too, along with liver, gave your ancestors lots of Vitamin A.

With that much Vitamin A they stayed healthy and saw in the dark.

= 1 roll for hair

= 1 roll for each eye

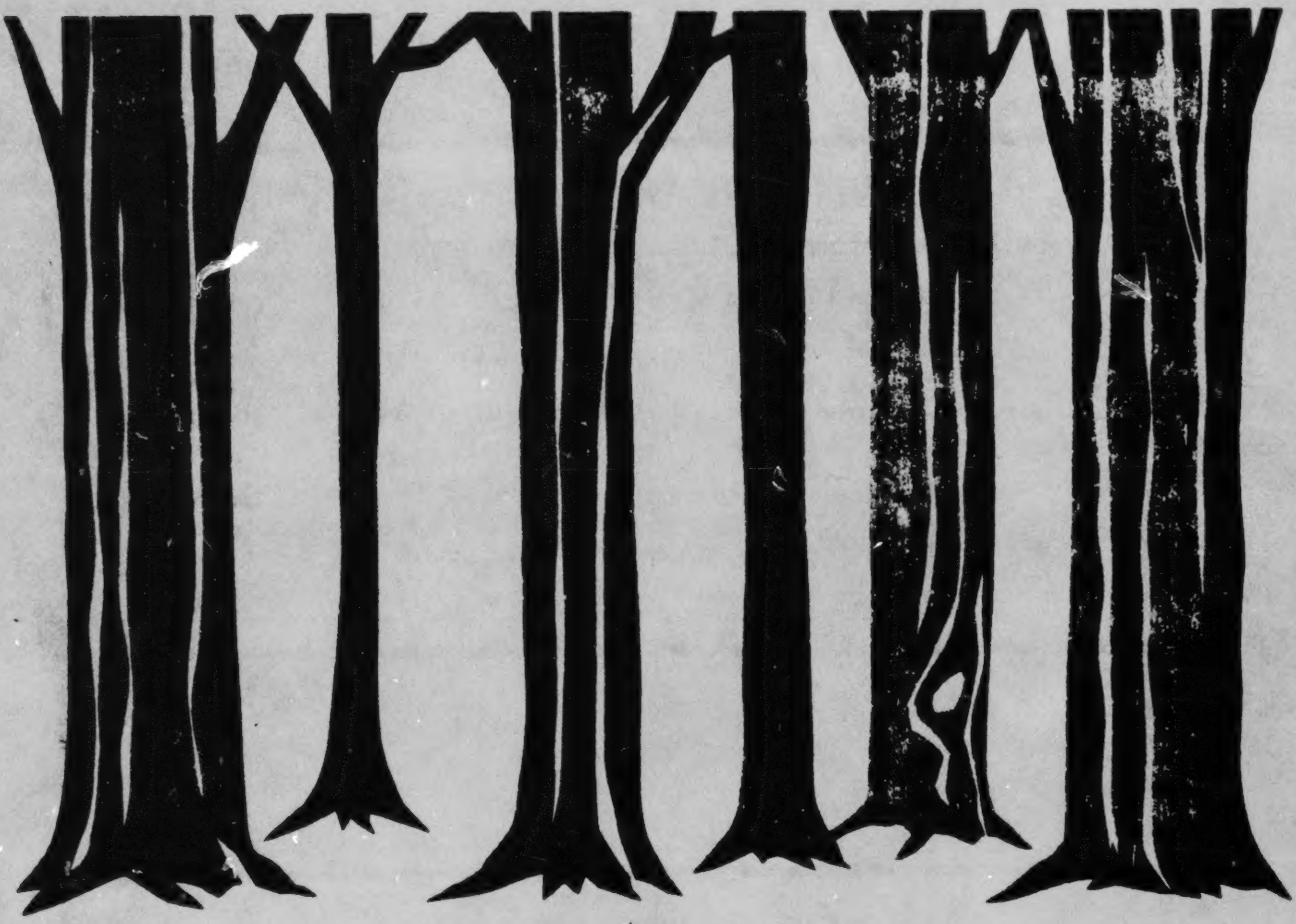
		Some Vitamin A every other day for you.	
Five	⚄	= Berries, berries, and more berries plus leafy greens gave your ancestors lots of Vitamin C. With that much Vitamin C they had fast-healing wounds and could fight sickness too. Some Vitamin C every day for you.	= 1 roll for each ear

VegeTable Scramble

Scrambled Word	Correct	A Vitamin A Food	A Traditional Food
pasrasug			
snbea			
etbes			
cobroil			
abrusles stsopru			
gacbsbae			
rcartos			
lifluacreow			
lecrey			
rnoc			
ionnos			
ldeniaodn egersn			
eaps			
toposeta			
npiscah			
ewstw ptotaseo			
maottsoe			
tpnrui egrens			
kinppum			

Fruit Scramble

Scrambled Word	Correct	A Vitamin C Food	A Traditional Food
plesap			
trasrrwbies			
sprbarresi			
seogorbersie			
greaps			
belubreiesr			
bnracreeisr			
rchersie			
mlups			
lemnos			
ricpoats			
rapes			
onegsar			
fepragiurt			
moelsn			
rucantrs			
nbanasa			
napipapel			
bruahrb			



The Fruit Tree Scramble

Most fruits come from trees. Fruits are rich in vitamins necessary to our diet. Can you unscramble the words below? Each one is the name of a fruit.

PLAPE 1. ____________

CAPEH 2. ____________

NELMO 3. ____________

ERAP 4. ____________

RAGENO 5. ____________

ELMI 6. ____________

NABAAN 7. ____________

MLUP 8. ____________

RYHECR 9. ____________

GFI 10. ____________

The Matching Game

Matching the Vitamin C Foods

Draw a line to the food that is described on the left.

1. Tastes good in the morning and is good for you too.
2. Are a sure sign of summer and make for good health.
3. Blood cells together come from eating red jewels.
4. Crunchy or creamy it fights the winter woes.
5. A vegetable to explore so good health is yours.

Strawberries

Orange Juice

Brussels Sprouts

Tomatoes

Cabbage

Matching the Vitamin A Foods

Draw a line to the food that is described on the left.

1. Are dark yellow and taste sweet too.
2. Helps to fight colds and is dark green too.
3. Help you to see at night and are crunchy too.
4. Helps you to grow and are special potatoes.
5. Is a summer treat and is good for you too.

Carrots

Cantaloupe

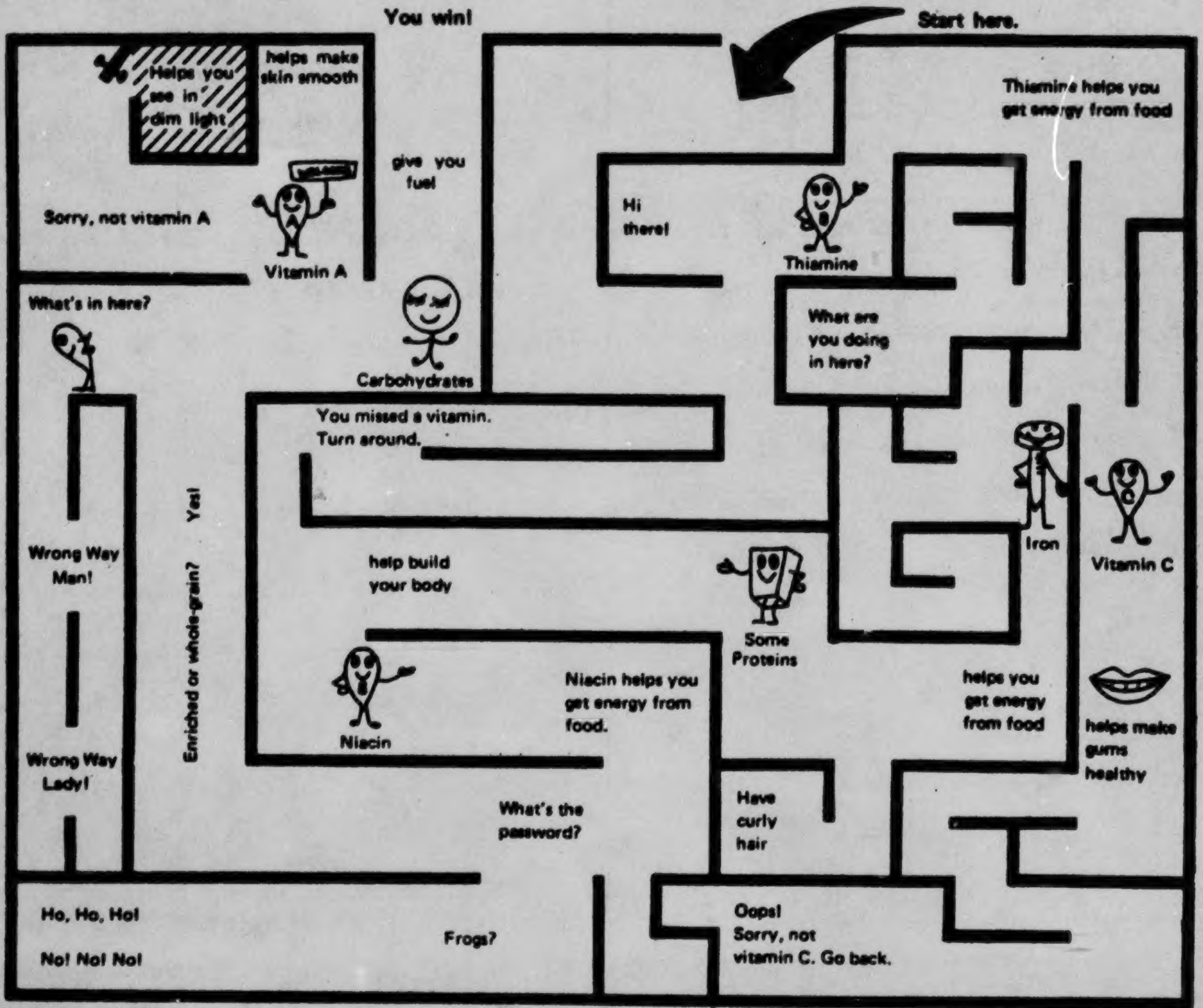
Spinach

Apricots

Sweet Potatoes

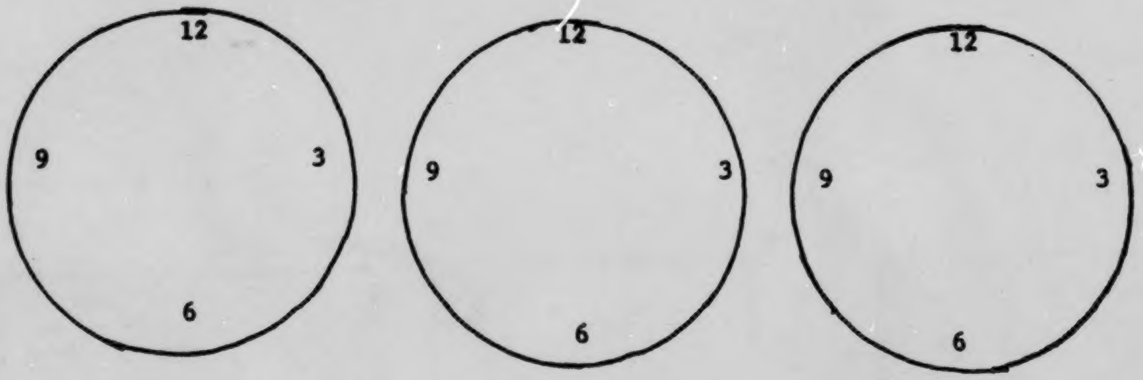
The Maze with Grain

Draw a path through the maze. Nutrients in the Bread and Cereal Group will be your guides. Don't let other nutrients trick you.


You win!
Start here.
Helps you see in dim light
helps make skin smooth
Sorry, not vitamin A
Vitamin A
give you fuel
What's in here?
Carbohydrates
Hi there!
Thiamine
Thiamine helps you get energy from food
What are you doing in here?
You missed a vitamin. Turn around.
Yes!
Enriched or whole-grain?
Wrong Way Man!
Wrong Way Lady!
help build your body
Some Proteins
Iron
Vitamin C
Niacin
Niacin helps you get energy from food.
helps you get energy from food
helps make gums healthy
What's the password?
Have curly hair
Ho, Ho, Ho!
No! No! No!
Frogs?
Oops! Sorry, not vitamin C. Go back.

Time For Breakfast

Count the hours from breakfast to lunch, from lunch to dinner, from dinner to breakfast. When is the longest time without food during the day? Make clocks to show this. Shade in the time between meals.



Alice feels cranky and tired most of the time. She is doing poorly in school. She has no interest in playing on the local basketball team. She doesn't have the pep and energy that it takes. Alice skips breakfast so she can get a bit more sleep. She doesn't like the hot lunch at school so doesn't eat much of it.

Could Alice's problem be what she doesn't eat? Why? What would be better eating habits for Alice?

NON-FAT DRY MILK
WHOLE MILK
EVAPOR MILK
ICE CREAM

Food and You

Book II

by Cathaleen Finley

Illustrated by Amy Martin

About The Author

Cathaleen Finley is an associate professor in the Department of Family Development at the University of Wisconsin—Extension. Amy Martin illustrated the unit.

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W3GM14

FOOD AND YOU

What You Are

Nutrition can help make you what you want to be. If you want to do well with your schoolwork so you can have the kind of job that you want, if you want to have pep and energy so you can have fun with your friends, if you want clear skin and shiny hair so you can have natural beauty, then you must have good nutrition.

Traditional Foods

Long ago many tribal groups probably had very good diets. They probably had lots of Vitamin A in their diets from eating dark yellow foods such as squash and pumpkin, and from dark leafy foods such as dandelion greens. Another source of Vitamin A foods was liver from various fish and animals. Following are the Chippewa names for some Vitamin A foods of long ago:

Oquin (liver)
Ogocseman (squash)
Ogwissiman (pumpkin)
Ocheebik (roots)
Ojawashkwabaga (green leaves)
Masquaconeg (dandelion greens)
Keche-ahneebish (swamp cabbage)

No doubt your ancestors got lots of Vitamin C from all the berries they used, such as blueberries, currants, strawberries, raspberries, and gooseberries. They also got some Vitamin C from wild potatoes and green leaves such as dandelion greens. Some Chippewa Vitamin C foods are:

Penig (potatoes)
Menon (blueberries)

Meshejeemin (currants)
Odeimin (strawberries)
Misquemin (raspberries)
Shaubominin (gooseberries)
Ojawashkwabaga (green leaves)
Masquaconeg (dandelion greens)
Keche-ahneebish (swamp cabbage)

Chances are that long ago Indians stored a lot of iron in their bodies because they ate wild game, fowl, and fish. Wild berries also supplied some iron; and when people dried fruit for the winter, it provided them with iron. The tribes who had wild rice had another good source of iron. These are some good sources of iron:

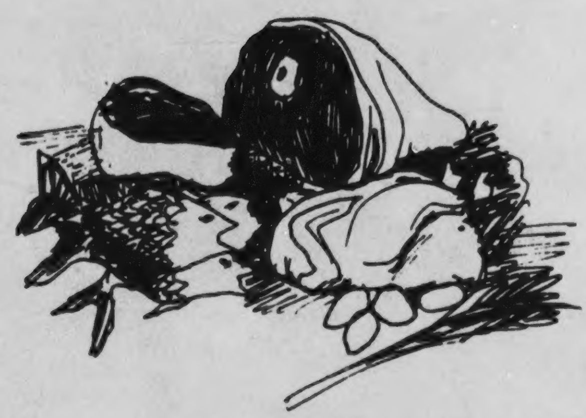
Gigo (fish)
Weas (meat)
Oquin (liver)
Odeima (heart)
Minun (berries)
Pakaakwe (fowl)
Manomin (wild rice)
Ojawashkwabaga (green leaves)
Keche-ahneebish (swamp cabbage)
Pahta meenewin (dried fruit)
Masquaconeg (dandelion greens)

Even though most tribes did not have milk to drink, they did have ferns and green leaves for food. Such foods provided the calcium they needed. Some Chippewa foods that provided calcium are these:

Weewaugagon (ferns)
Ojawashwabaga (green leaves)
Masquaconeg (dandelion greens)
Keche-ahneebish (swamp cabbage)
Wagemindjig toodoo shahbo
(mother's milk)

Of course Indian people long ago got plenty of protein from eating wild game, wild fowl from the forests, and fish from the lakes and rivers.

Following are some of these protein foods:



Gigo	(fish)
Weas	(meat)
Mons	(moose)
Bagan	(nuts)
Nika	(geese)
Oquin	(liver)
Neegig	(otters)
Ahmik	(beavers)
Waboos	(rabbits)
Asebun	(raccoons)
Kag	(porcupines)
Shesheeb	(ducks)
Megekan	(turtles)
Misissay	(turkeys)
Panay	(partridges)
Wawashkeshi	(deer)
Atchitamo	(squirrels)
Akugejesha	(woodchucks)
Ocsenahquig	(blackbirds)

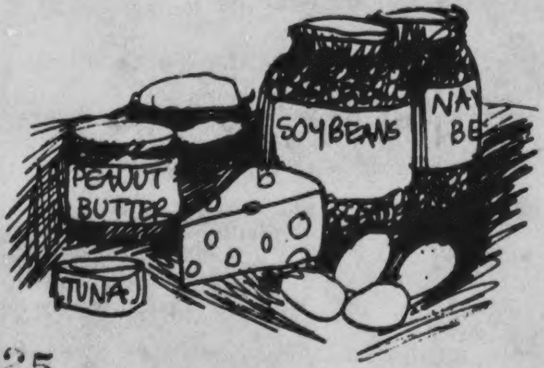
As the white people began to take over the land, and as tribal groups were placed on reservations, foods such as the above became scarcer and scarcer. When this happened, it's likely that people gradually had poorer diets and began using fewer fruits and vegetables and less meat and fish.

Today you might want to think of those foods of long ago as you decide what foods you want to eat.

A Balanced Diet

It can be difficult to understand all the details of nutrition, but there is one simple scheme that can help you keep track of what is good eating for you. It is called the Daily Food Guide.

Most girls get enough protein. Two servings a day are what you need. A serving is two or three ounces of



cooked meat, or two eggs, or a cup of baked beans, or four tablespoons of peanut butter. Protein foods help build strong muscles and repair tissues.

There are many girls who don't eat as many fruits and vegetables as they should. You need one serving of a food rich in Vitamin C each day. Good sources of Vitamin C are strawberries, oranges, grapefruit, broccoli, raw cabbage, and potatoes cooked in their jackets.

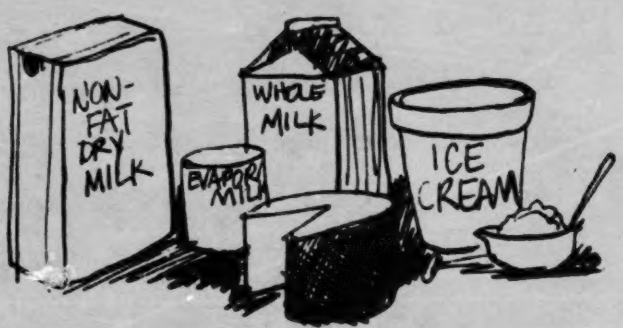
You need Vitamin C foods for strong blood vessels, fast-healing wounds, and fighting sickness.

Vitamin A is often lacking in diets. If you eat a food rich in Vitamin A every other day, you'll have enough. Good sources of Vitamin A are dark green and deep yellow vegetables such as broccoli, carrots, pumpkin, sweet potatoes, and winter squash. Vitamin A is also found in liver, butter, and fortified margarine. You need Vitamin A foods for healthy body linings, growth, smooth skin, fighting germs, and seeing in the dark.

A girl really must eat at least four servings of fruits and vegetables a day.

Don't be afraid of breads and cereals. You need at least four servings a day. They are the foods which give you energy, iron, and B vitamins.

Milk isn't just for babies. It's for everybody. If you're 9-12 years old you need three glasses a day, and if you're a teenager you need four glasses a day. It's milk that helps you have strong bones and teeth.



A Diet?

Being overweight is one of the things that often concerns teenage girls. While you shouldn't fuss about looking like a fashion plate (remember you are your own special person), being overweight can cause you health problems later on. Being overweight can cause you to have heart problems or to become diabetic when you are older.

While trying to fight a weight problem can be a real battle, it helps to understand why people are overweight. Most people are overweight because they eat too many calories. Either they eat too much or they eat high-calorie foods. It takes exercise and activity to use up calories. To control your weight, you must match your calorie intake with your exercise.

It is not just breads and cereals that can cause a weight problem. For example, a hamburger patty has 270 calories; a slice of raisin bread has 70 calories.

What we add to food makes a difference in the calorie content. Sauces, gravies, butter, and fat add calories. For example, a half cup of applesauce has 50 calories, while a half cup of apple crisp has 170 calories.

How food is cooked also makes a difference. Frying foods adds calories. For example, one cup of boiled potatoes has 100 calories, but one cup of fried potatoes has 140 calories.

Beware of crash diets or fad diets. They may be harmful to your health. Frequently they don't give your body all the nutrients it needs.

Time for Breakfast

It's very easy for some girls to sleep "a little bit longer" and forget about breakfast. Such a habit can cause trouble for a couple of reasons. Some who go without breakfast get tired and feel run down by midmorning. Others get too hungry before lunch to really concentrate on their work.

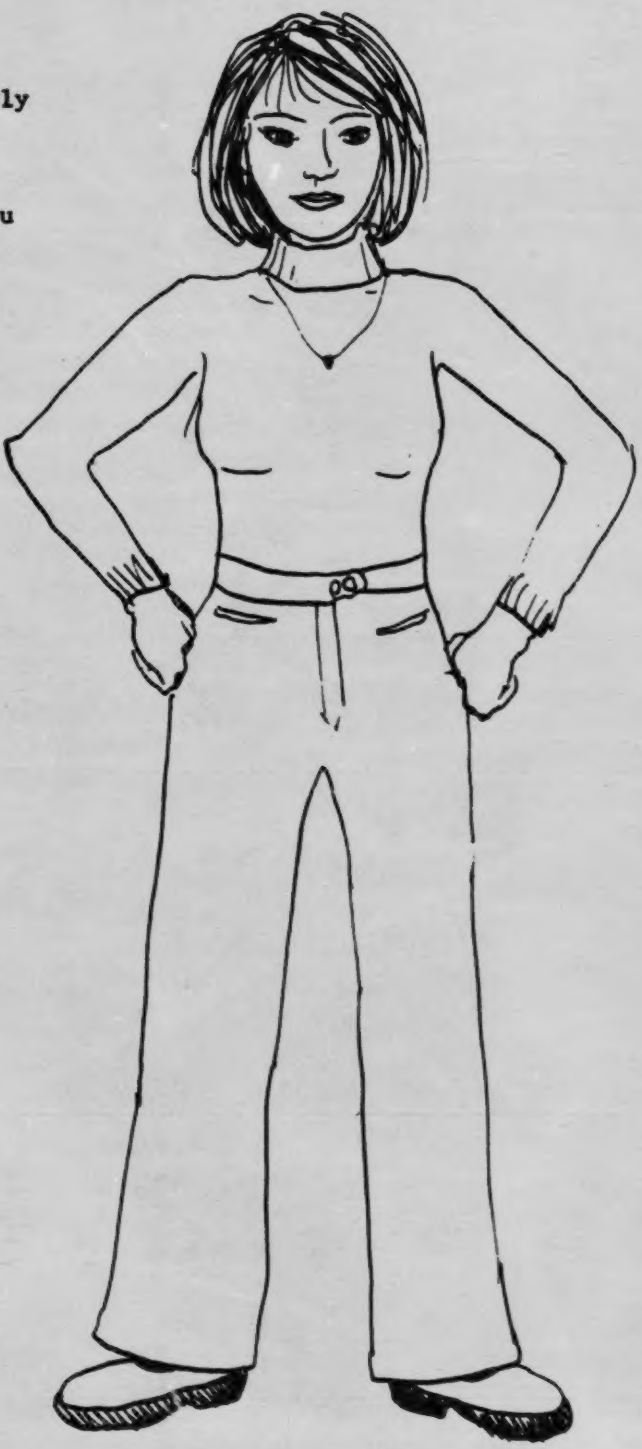
Another problem is that when people go without breakfast, they get so hungry that they overeat at lunch or supper and really take in more calories than they need.

The word "breakfast" means to break one's fast. You probably have not had anything to eat for about 12 hours, so your stomach is empty. A car can't run without gas, and you can't run without food.

A breakfast doesn't need to be elaborate. A glass of milk and a peanut butter sandwich can do very well for breakfast.

The Future

Nutrition is particularly important for teenage girls because it is a time when you are growing and developing. It is a time when you are getting ready to bear children. To have strong healthy children, you must have a strong healthy body, and that depends in part on adequate nutrition.



Activity Section

Score With the Basic Four

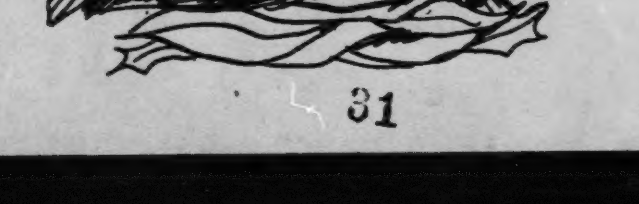
Fill in as many different foods under each BASIC FOUR FOOD GROUP as you can think of in ___ minutes (fill in number of minutes before you start).

MILK GROUP

MEAT GROUP

VEGETABLE-FRUIT GROUP

BREAD-CEREAL GROUP



Scramble For Your Food

There are about 20 food words hidden in the scramble below. Find the words and circle them. Some are straight across and some are straight down. The circles may overlap.

T	O	P	E	P	P	E	R
I	P	O	R	K	O	K	A
C	A	R	R	O	T	B	N
E	I	A	O	O	A	I	C
L	M	I	L	K	T	S	A
E	U	C	L	R	O	C	K
R	F	R	C	A	R	U	E
Y	F	E	A	S	P	I	E
A	I	A	B	E	E	T	C
P	N	M	B	E	A	N	Y
P	L	E	A	S	T	E	W
L	O	A	G	B	I	A	O
E	P	L	E	S	O	U	P

The Key Nutrient Match

Match the Key Nutrients in the left column with the one phrase in the right column which makes the truest sentence. Circle the number of the most correct phrase.

Protein
1. builds and repairs body cells.
2. is abundant in green leafy vegetables.
3. is needed by children only.

Fats and Carbohydrates
1. are good for weight watchers.
2. eliminate tooth decay.
3. give energy for work and play.

Calcium
1. builds skin cells.
2. helps build bones and teeth.
3. is a vitamin.

Iron
1. helps your nerves carry messages.
2. improves eyesight.
3. builds red blood cells.

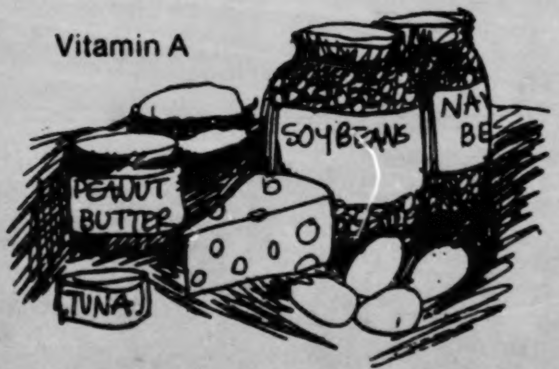
Thiamin
1. promotes good appetite and digestion.
2. heals wounds.
3. produces muscular disability.

Riboflavin
1. regulates heart beat.
2. combines with protein to form enzymes.
3. causes loss of appetite.

Niacin
1. repairs muscles.
2. builds body cells.
3. is called the pellagra preventing vitamin.

Vitamin C
1. helps hold body cells together.
2. makes your gums bleed.
3. promotes digestion.

Vitamin A
1. helps your muscles work.
2. helps you see in the dark.
3. helps blood to clot.



Mary's Story

The facts are:

1. **Mary has not been feeling well.**
2. **Mary always seems to be tired.**
3. **Mary's hair has broken ends and seems to be dry.**
4. **Mary's skin has pimples and seems to be very oily.**
5. **The following is an example of Mary's eating habits for a day.**

Breakfast	**Lunch**	**Supper**	**Snacks**
Juice	Potato chips Coke	Beef & Noodles Green Beans Milk	Chocolate Bar

1. **Does Mary have enough servings from each food group for the day?**

    ______Yes ______No

2. **How many more servings does she need from:**

    Bread & Cereals ______________

    Fruits & Vegetables __________

    Meat ________________________

    Milk ________________________

3. **Change the above menus so they provide better nutrition for Mary.**

Tribal Food Scramble

Unscramble the words.

quassh

atem

rveil

shif

rttule

kucd

liwd ceir

mupkpin

grasusapa

ronc

apmel syupr

soeom

ntsu

toatosep

naesb

breirsesogeo

toros

enegr vaelse

nrfes

limkdewe

delnoinad egrens

rcuartns

koech rcherseis

belubreirse

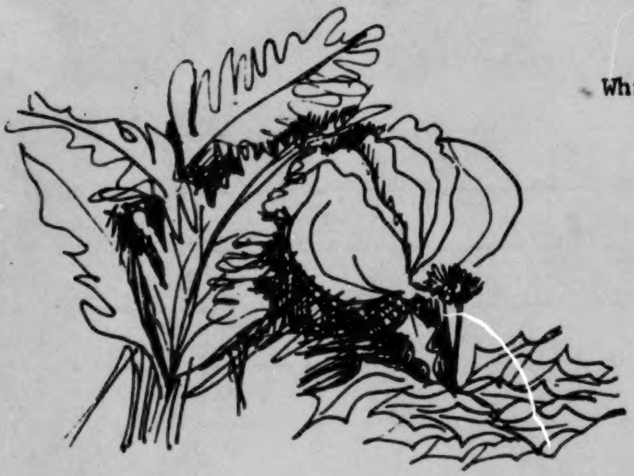
berseirarps

rechseir

aebr

eder

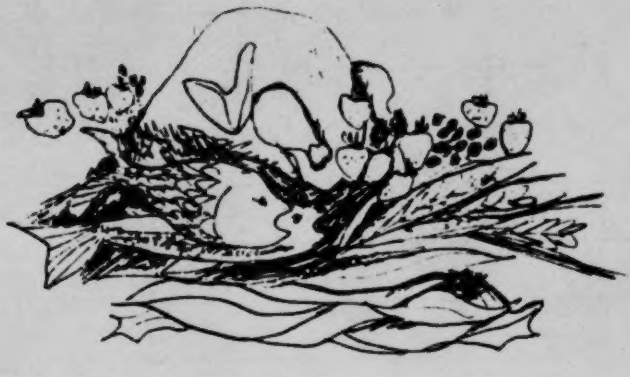
Tribal Food Scramble



Which of the foods in the
Tribal Food Scramble have calcium?

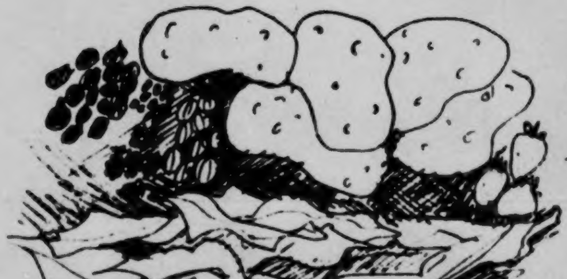
Which of the foods in the
Tribal Food Scramble have Vitamin C?

Which of the foods in the
Tribal Food Scramble have iron?



Which of the foods in the
Tribal Food Scramble have protein?

Which of the foods in the
Tribal Food Scramble have Vitamin A?

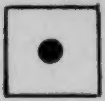
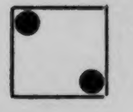
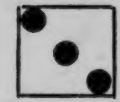
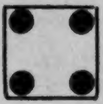


Food and Health of Long Ago

Equipment needed: pencils, dice and paper.

Object of the game: To find out how the foods your people used to eat made them healthy and strong.

Rules:

One Must have to start		= Berries, leafy greens, dried fruit, wild game, fish, fowl, and wild rice. These gave your ancestors lots of iron. With that much iron they had good red blood.	= 1 roll for body = 1 roll for head
Two		= Your ancestors ate many foods with protein such as fish, fowl, and wild game. With that much protein they had strong muscles and good healthy cells. Protein twice a day for you.	= 1 roll for each leg
Three		= Lots of leafy greens like ferns, swamp cabbage, and dandelion greens were eaten by your ancestors. With that much calcium they had strong bones and teeth. Calcium three times a day for you.	= 1 roll for each arm = 1 roll for teeth
Four		= Leafy greens, squash and pumpkin, some roots too, along with liver, gave your ancestors lots of Vitamin A. With that much Vitamin A they stayed healthy and saw in the dark.	= 1 roll for hair = 1 roll for each eye

		Some Vitamin A every other day for you.	
Five	⚄	= Berries, berries, and more berries plus leafy greens gave your ancestors lots of Vitamin C. With that much Vitamin C they had fast-healing wounds and could fight sickness too. Some Vitamin C every day for you.	= 1 roll for each ear

VegeTable Scramble

Scrambled Word	Correct	A Vitamin A Food	A Traditional Food
pasrasug			
snbea			
etbes			
cobroil			
abrusles stsopru			
gacbsbae			
rcartos			
lifluacreow			
lecrey			
rnoc			
ionnos			
ldeniaodn egersn			
eaps			
toposeta			
npiscah			
ewstw ptotaseo			
maottsoe			
tpnrui egrens			
kinppum			

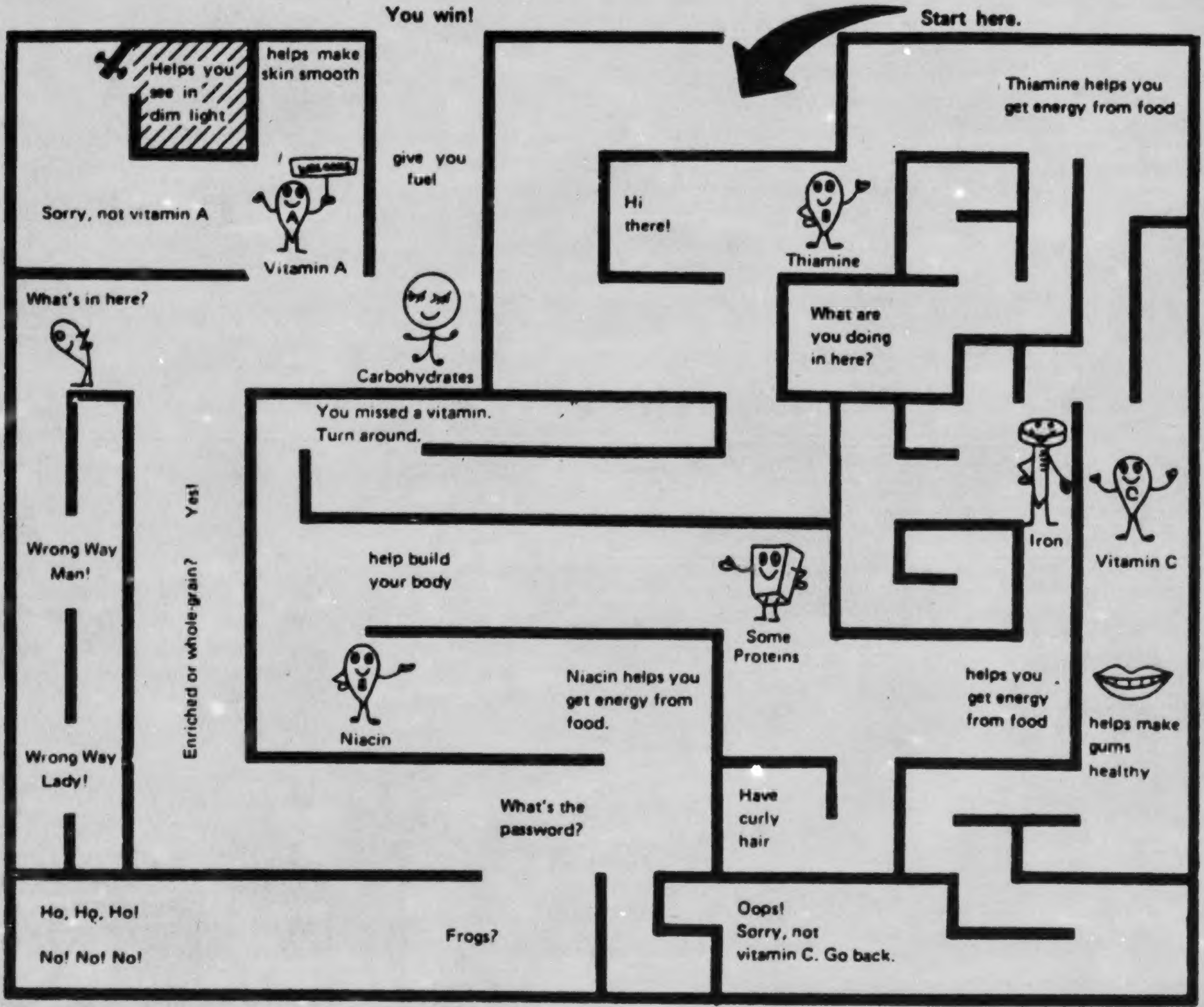
Fruit Scramble

Scrambled Word	Correct	A Vitamin C Food	A Traditional Food
plesap			
trasrrwbies			
sprbarresi			
seogorbersie			
greaps			
belubreiesr			
bnracreeisr			
rchersie			
mlups			
lemnos			
ricpoats			
rapes			
onegsar			
fepragiurt			
moelsn			
rucantrs			
nbanasa			
nepipapel			
bruahrb			

40

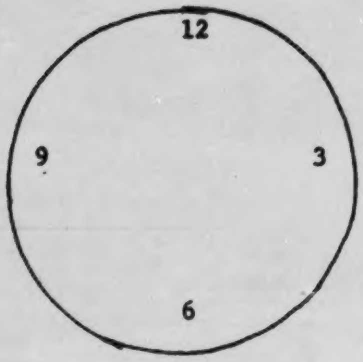
The Maze with Grain

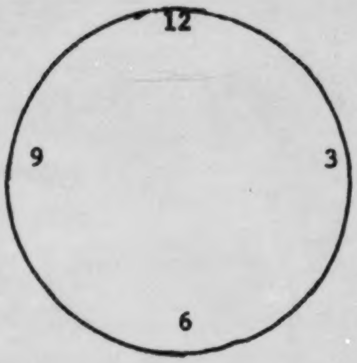
Draw a path through the maze. Nutrients in the Bread and Cereal Group will be your guides. Don't let other nutrients trick you.

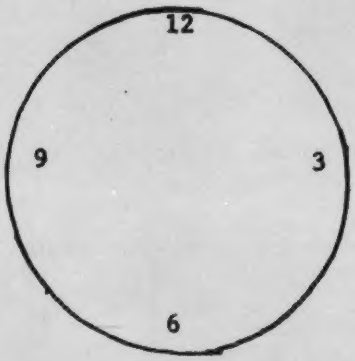

You win!
Start here.
Helps you see in dim light
helps make skin smooth
Sorry, not vitamin A
Vitamin A
give you fuel
Carbohydrates
Hi there!
Thiamine
Thiamine helps you get energy from food
What are you doing in here?
What's in here?
You missed a vitamin. Turn around.
Wrong Way Man!
Yes!
Enriched or whole-grain?
help build your body
Some Proteins
Iron
Vitamin C
Niacin
Niacin helps you get energy from food.
helps you get energy from food
helps make gums healthy
Wrong Way Lady!
What's the password?
Have curly hair
Ho, Ho, Ho!
No! No! No!
Frogs?
Oops! Sorry, not vitamin C. Go back.

Time For Breakfast

Count the hours from breakfast to lunch, from lunch to dinner, from dinner to breakfast. When is the longest time without food during the day? Make clocks to show this. Shade in the time between meals.







Alice feels cranky and tired most of the time. She is doing poorly in school. She has no interest in playing on the local basketball team. She doesn't have the pep and energy that it takes. Alice skips breakfast so she can get a bit more sleep. She doesn't like the hot lunch at school so doesn't eat much of it.

Could Alice's problem be what she doesn't eat? Why? What would be better eating habits for Alice?

NON-FAT DRY MILK
WHOLE MILK
EVAPOR MIL
ICE CREAM

CALORIE COUNTER

FOOD Dairy Foods	Calories	% of RDA of Protein	% of RDA of Calcium	% of RDA of Iron	% of RDA of Vitamin A	% of RDA of Vitamin C
Whole Milk, 1/2 pint	160	15	23	---	7	4
Skim Milk, 1/2 pint	90	15	23	---	---	4
Cheddar Cheese, 1 ounce	105	13	17	---	7	---
Cottage Cheese, 1/2 cup	120	28	8	---	4	---
Ice Cream, 1/2 cup	145	5	7	---	7	---
Protein Foods						
Hamburger & Bun	280	32	3	14	---	---
Hog Dog & Bun	270	16	---	8	---	---
Liver, 3 ounces	190	41	---	42	908	45
Egg, 1	80	12	---	7	12	---
Macaroni & Cheese, 3/4 cup	350	25	23	9	14	---
Baked Beans, 3/4 cup	240	22	9	20	5	8
Peanut Butter Sandwich	375	22	4	10	6	---

Fruits & Vegetables	Calories	% of RDA of Protein	% of RDA of Calcium	% of RDA of Iron	% of RDA of Vitamin A	% of RDA of Vitamin C
Carrots, 1 raw	20	---	---	---	110	8
Potato, 1 small, plain	80	4	---	4	---	40
French Fries, 10 pieces	155	4	---	4	---	24
Potato Chips, 10 chips	115	---	---	---	---	6
Sweet Potato, 1 medium, plain	170	---	4	6	232	50
Cole Slaw, 1/2 cup	60	---	---	---	---	35
Orange Juice, 1/2 cup	50	---	---	--	---	127
Apple, 1 medium	70	---	---	---	---	6
Breads & Cereals						
Bread & Butter, 1 slice	110	---	---	4	5	---
Sweet Roll, 1	178	10	4	---	---	---
Other						
Pizza, 1/8 of 14" pie	185	13	9	4	6	8
Apple Pie, 1 small piece	345	6	---	---	---	---

	Calories	% of RDA of Protein	% of RDA of Calcium	% of RDA of Iron	% of RDA of Vitamin A	% of RDA of Vitamin C
Baked custard, 1/2 cup	145	12	11	---	9	---
Frosted Layer Cake, medium size	370	7	5	4	9	---
Soft Drink, 8 ounces	95	---	---	---	---	---

Food and You

Book III

by Cathaleen Finley

illustrated by Amy Martin

About The Author

Cathaleen Finley is an associate professor in the Department of Family Development at the University of Wisconsin—Extension. Amy Martin illustrated the unit.

About The Program

"Food and You" has been developed as part of the project Choices & Careers, Free to Choose, a career development project for tribal girls. The project was developed with the assistance of tribal women in Wisconsin and was funded with special needs funds from Extension Service-USDA.

FOOD AND YOU

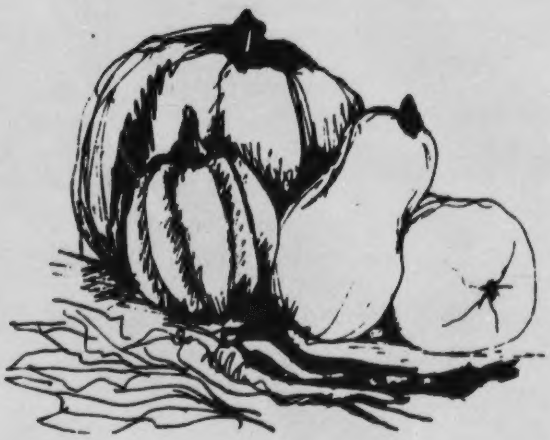
What You Are

Nutrition can help make you what you want to be. If you want to do well with your schoolwork so you can have the kind of job that you want, if you want to have pep and energy so you can have fun with your friends, if you want clear skin and shiny hair so you can have natural beauty, then you must have good nutrition.

Traditional Foods

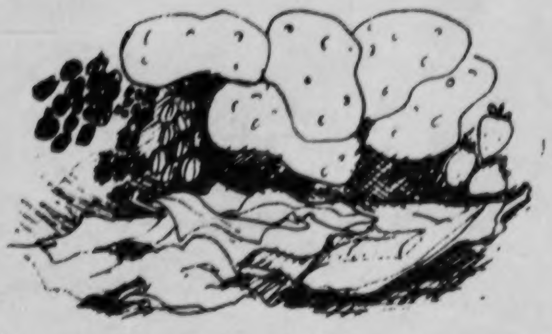
Long ago many tribal groups probably had very good diets. They probably had lots of Vitamin A in their diets from eating dark-yellow foods such as squash and pumpkin and from dark leafy green foods such as dandelion greens. Another source of Vitamin A foods was liver from various fish and animals. Following are the Chippewa names for some vitamin A foods of long ago.

Oquin (liver)
Ogocseman (squash)
Ogwissiman (pumpkin)
Ocheebik (roots)
Ojawashkwabaga (green leaves)
Masquaconeg (dandelion greens)
Keche-ahneebish (swamp cabbage)



No doubt your ancestors got lots of Vitamin C from all the berries they used, such as blueberries, currents, strawberries, raspberries, and gooseberries. They also got some Vitamin C from wild potatoes and green leaves such as dandelion greens. Some Chippewa Vitamin C foods follow:

Penig (potatoes)
Menon (blueberries)
Meshejeemin (currants)
Odeimin (strawberries)
Misquemin (raspberries)
Shaubominin (gooseberries)
Ojawashkwabaga (green leaves)
Masquaconeg (dandelion greens)
Keche-ahneebish (swamp cabbage)



Chances are that long ago Indians stored a lot of iron in their bodies because they ate wild game, fowl, and fish. Wild berries also supplied some iron; and when people dried fruit for the winter, it provided them with iron. The tribes who had wild rice had another good source of iron. These are some sources of iron.

Gigo (fish)
Weas (meat)
Oquin (liver)
Odeima (heart)
Minun (berries)
Pakaakwe (fowl)
Manomin (wild rice)
Ojawashkwabaga (green leaves)
Keche-ahneebish (swamp cabbage)
Pahta meenewin (dried fruit)
Masquaconeg (dandelion greens)

Even though most tribes did not have milk to drink, they did have ferns and green leaves for food. Such foods provided the calcium they needed. Some Chippewa foods that provided calcium are these:

Weewaugagon (ferns)
Ojawashkwabaga (green leaves)
Masquaconeg (dandelion greens)
Keche-ahneebish (swamp cabbage)
Wagemindjig toodoo shahbo (mother's milk)

Of course Indian people long ago got plenty of protein from eating wild game, wild fowl from the forests, and fish from the lakes and rivers. Following are some of those protein foods:

Gigo (fish)
Weas (meat)
Mons (moose)
Bagan (nuts)
Nika (geese)
Oquin (liver)
Neegig (otters)
Ahmik (beavers)
Waboos (rabbits)
Asebun (raccoons)
Kag (porcupines)
Shesheeb (ducks)
Megekan (turtles)
Misissay (turkeys)
Panay (partridges)
Wawashkeshi (deer)
Atchitamo (squirrels)
Akugejesha (woodchucks)
Ocsenahquig (blackbirds)

As the white people began to take over the land and as tribal groups were placed on reservations foods such as the above became scarcer and scarcer. When this happened, it's likely that people gradually had poorer diets and began using fewer fruits and vegetables and less meat and fish.

Today you might want to think of those foods from long ago as you decide what foods you want to eat.

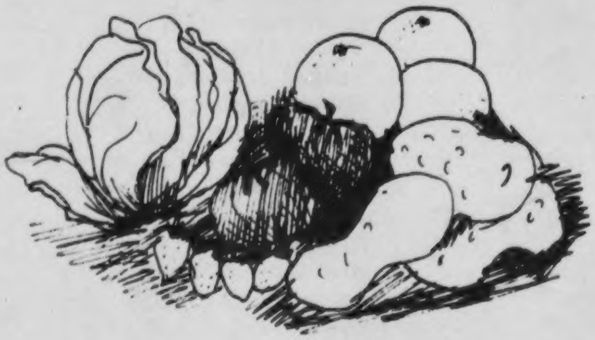
A Balanced Diet

It can be difficult to understand all the details of nutrition, but there is one simple scheme that can help you keep track of what is good eating for you. It is called the Daily Food Guide.

SOYBEANS
NA
BE
PEANUT BUTTER
TUNA

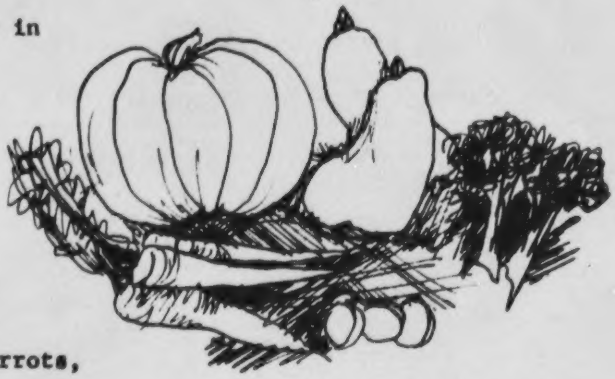
Most girls get enough protein. Two servings a day are what you need. A serving is two or three ounces of cooked meat, or two eggs, or a cup of baked beans, or four tablespoons of peanut butter. Protein foods help build strong muscles, and repair tissues.

There are many girls who don't eat as many fruits and vegetables as they should. You need one serving of a food rich in Vitamin C each day. Good sources of Vitamin C are strawberries, oranges, grapefruit, broccoli, raw cabbage, and potatoes cooked in their jackets.



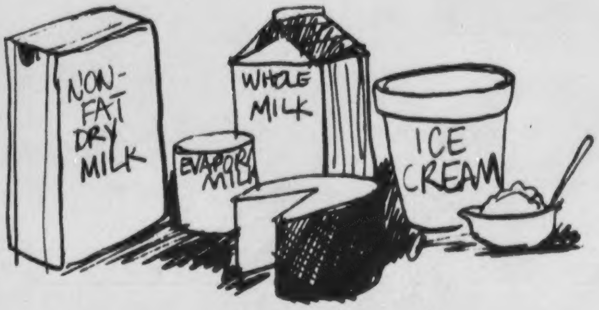
You need Vitamin C foods for strong blood vessels, fast-healing wounds, and fighting sickness.

Vitamin A is often lacking in diets. If you eat a food rich in Vitamin A every other day, you'll have enough. Good sources of Vitamin A are dark green and deep-yellow vegetables such as broccoli, carrots, pumpkin, sweet potatoes and winter squash. Vitamin A is also found in liver, butter and fortified margarine. You need Vitamin A foods for healthy body linings, growth, smooth skin, fighting germs, and seeing in the dark.



A girl really must eat four servings of fruits and vegetables a day.

Don't be afraid of breads and cereals. You need at least four servings a day. They are the foods which give you energy, iron, and B vitamins.



Milk isn't just for babies. It's for everybody. If you're 9-12 years old you need three glasses a day, and if you're a teenager you need four glasses a day. It's milk that helps you to have strong bones and teeth.

A Diet?

Being overweight is one of the things that often concerns teen-age girls. While you shouldn't fuss about looking like a fashion plate (remember you are your own special person), being overweight can cause you health problems later on. Being overweight can cause you to have heart problems or to become diabetic when you are older.

While trying to fit a weight problem can be a real battle, it helps to understand why people are overweight. Most people are overweight because they eat too many calories. Either they eat too much, or they eat high-calorie foods. It takes exercise and activity to use up calories. To control your weight you must match your calorie intake with your exercise.

It is not just breads and cereals that can cause a weight problem. For example, a hamburger patty has 270 calories; a slice of raisin bread has 70 calories.

What we add to food makes a difference in the calorie content. Sauces, gravies, butter, and fat add calories. For example, a half cup of applesauce has 50 calories while a half cup of apple crisp has 170 calories.

How food is cooked also makes a difference. Frying food adds calories. For example, one cup of boiled potatoes has 100 calories, but one cup of fried potatoes has 140 calories.

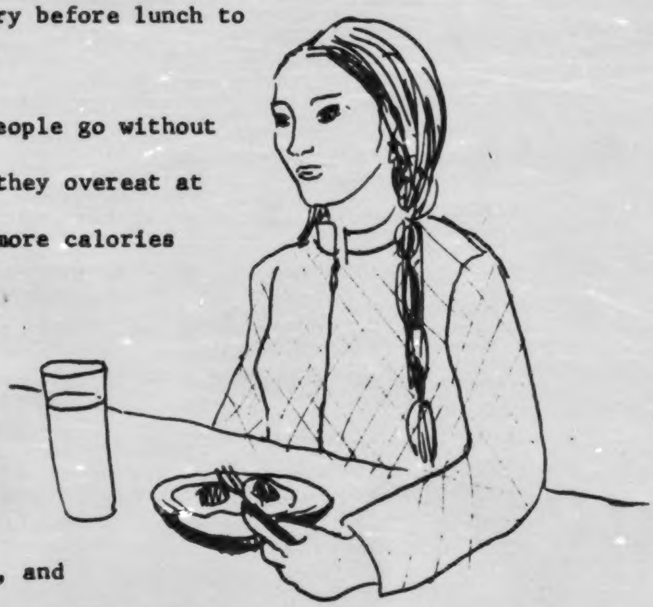
Beware of crash diets or fad diets. They may be harmful to your health. Frequently they don't give your body all the nutrients it needs.

Time for Breakfast

It's very easy for some girls to sleep "a little bit longer" and forget about breakfast. Such a habit can cause trouble for a couple of reasons. Some who go without breakfast get tired and feel run down by midmorning. Others get too hungry before lunch to really concentrate on their work.

Another problem is that when people go without breakfast, they get so hungry that they overeat at lunch or supper and really take in more calories than they need.

The word "breakfast" means to break one's fast. You probably have not had anything to eat for about 12 hours, so your stomach is empty. A car can't run without gas, and



you can't run without food.

A breakfast doesn't need to be elaborate. A glass of milk and a peanut butter sandwich can do very well for breakfast.

Snacks

It is very easy to snack. When you get home from school it is easy to open the refrigerator door. Or when you feel bored, it is easy to nibble on something. There's nothing wrong with snacking. It is what you snack that can give you a problem. It makes good complexion-and-figure sense to snack sensibly. You can store up many calories by eating chips, pop, and rich desserts.

There are many empty-caloried snack foods around. Eating these can cause you weight problems or they can fill you up so that you don't feel like eating nutritious foods at mealtime.

A bottle of soda pop has about 100 calories and no nutrients. A glass of skim milk will give you 90 calories and plenty of protein, riboflavin, and calcium. Ten potato chips will give you 110 calories and very few nutrients, while a dish of corn flakes will give you food value and only 95 calories. Cheese and crackers, peanuts, milk, fruit, and hard cooked eggs are all good choices for snacks.

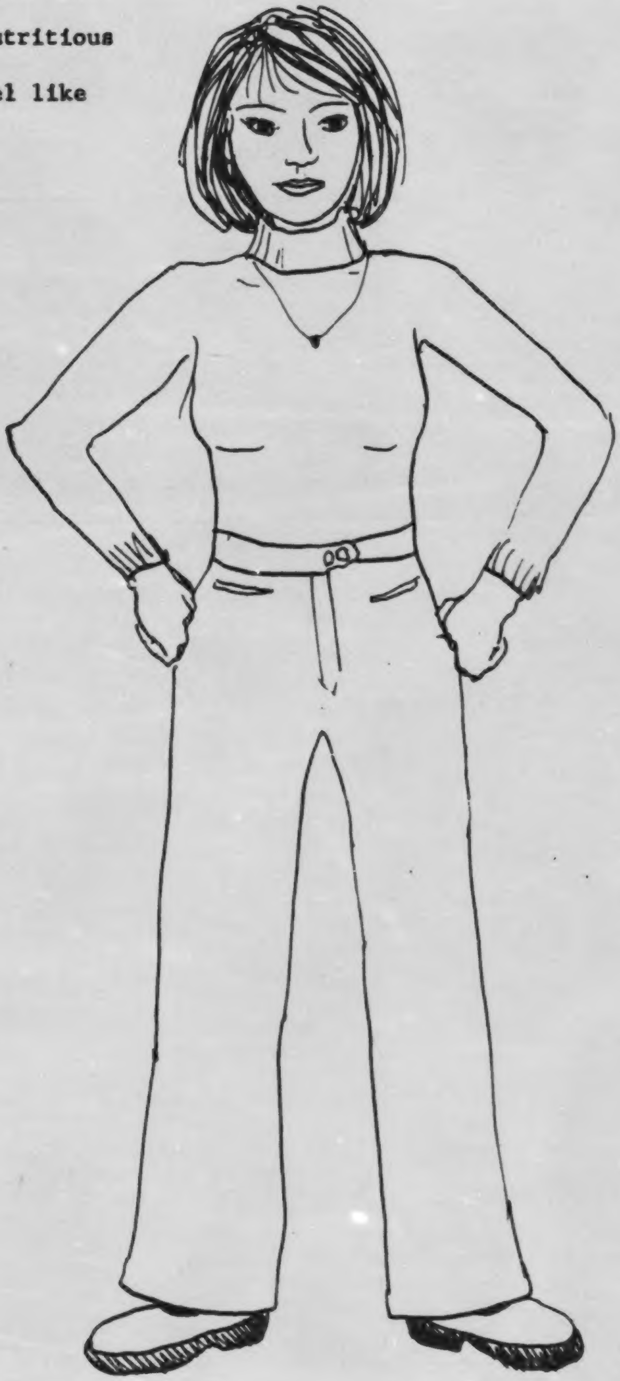
Food Programs

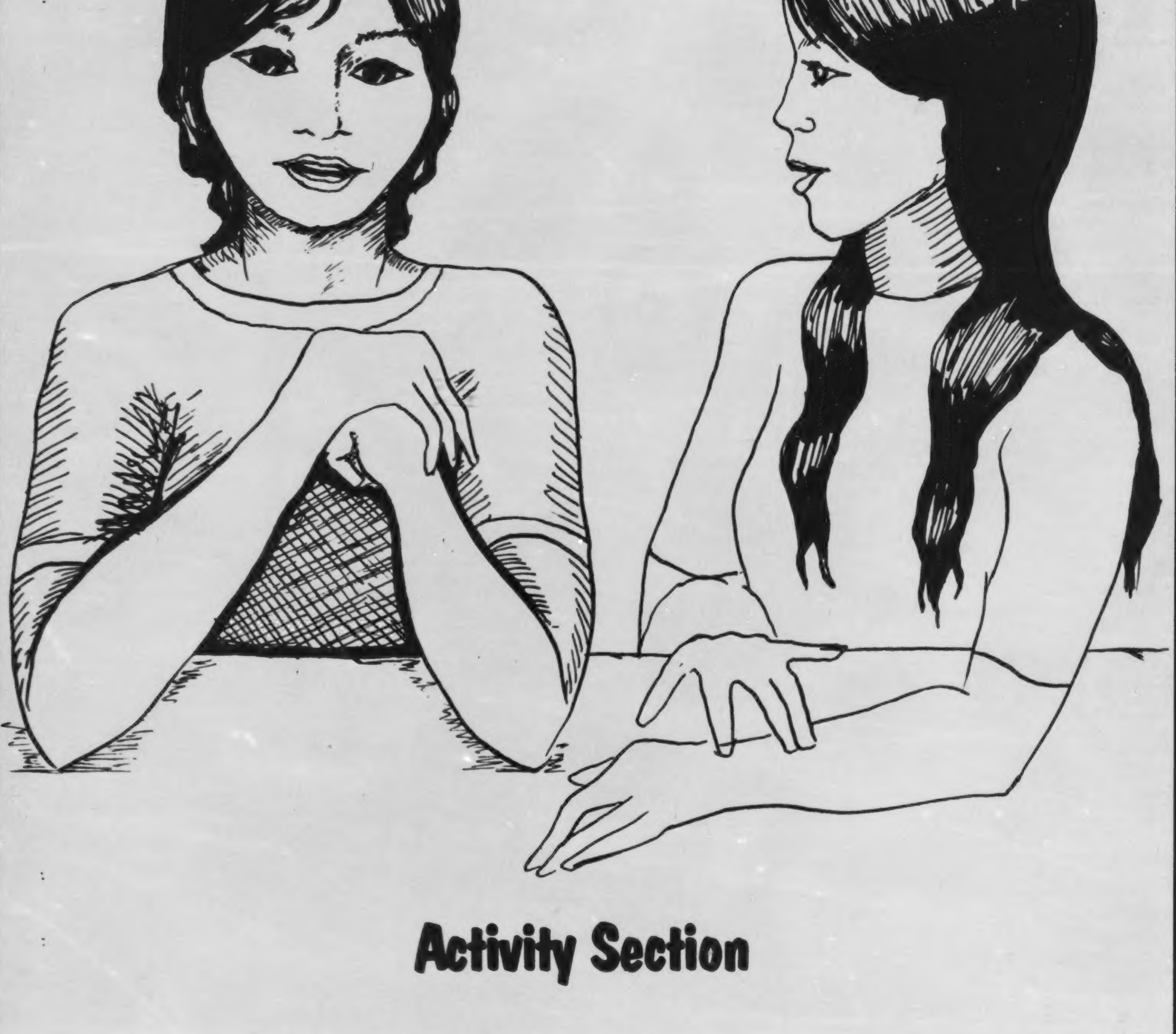
Many schools have breakfast programs and school lunch programs. If your school has such a program, use it. Don't skip a nutritious lunch

lunch at noon and settle for something like a coke and potato chips. Having nutritious food to eat every day helps you feel like studying and having fun.

The Future

Nutrition is particularly important for teen-age girls because it is a time when you are growing and developing. It is a time when you are getting ready to bear children. To have strong healthy children, you must have a strong healthy body and that depends in part on adequate nutrition.



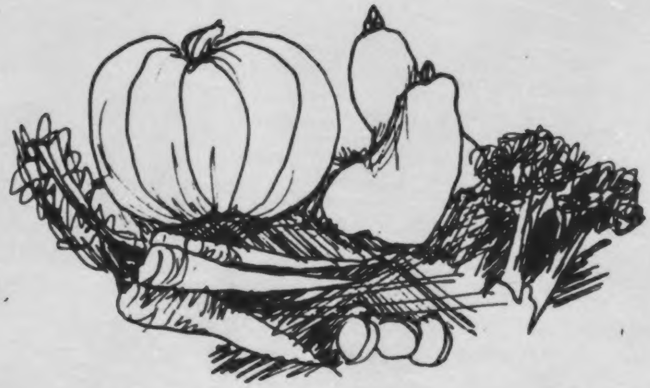


Activity Section

Scramble For Your Food

There are about 20 food words hidden in the scramble below. Find the words and circle them. Some are straight across and some are straight down. The circles may overlap.

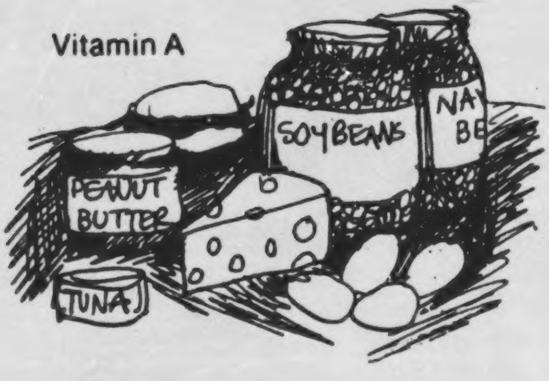
T O P E P P E R
I P O R K O K A
C A R R O T B N
E I A O O A I C
L M I L K T S A
E U C L R O C K
R F R C A R U E
Y F E A S P I E
A I A B E E T C
P N M B E A N Y
P L E A S T E W
L O A G B I A O
E P L E S O U P



The Key Nutrient Match

Match the Key Nutrients in the left column with the one phrase in the right column which makes the truest sentence. Circle the number of the most correct phrase.

Protein	1. builds and repairs body cells. 2. is abundant in green leafy vegetables. 3. is needed by children only.
Fats and Carbohydrates	1. are good for weight watchers. 2. eliminate tooth decay. 3. give energy for work and play.
Calcium	1. builds skin cells. 2. helps build bones and teeth. 3. is a vitamin.
Iron	1. helps your nerves carry messages. 2. improves eyesight. 3. builds red blood cells.
Thiamin	1. promotes good appetite and digestion. 2. heals wounds. 3. produces muscular disability.
Riboflavin	1. regulates heart beat. 2. combines with protein to form enzymes. 3. causes loss of appetite.
Niacin	1. repairs muscles. 2. builds body cells. 3. is called the pellagra preventing vitamin.
Vitamin C	1. helps hold body cells together. 2. makes your gums bleed. 3. promotes digestion.
Vitamin A	1. helps your muscles work. 2. helps you see in the dark. 3. helps blood to clot.



Mary's Story

The facts are:

1. **Mary has not been feeling well.**
2. **Mary always seems to be tired.**
3. **Mary's hair has broken ends and seems to be dry.**
4. **Mary's skin has pimples and seems to be very oily.**
5. **The following is an example of Mary's eating habits for a day.**

Breakfast	**Lunch**	**Supper**	**Snacks**
Juice	Potato chips Coke	Beef & Noodles Green Beans Milk	Chocolate Bar

1. **Does Mary have enough servings from each food group for the day?**

   ______Yes ______No

2. **How many more servings does she need from:**

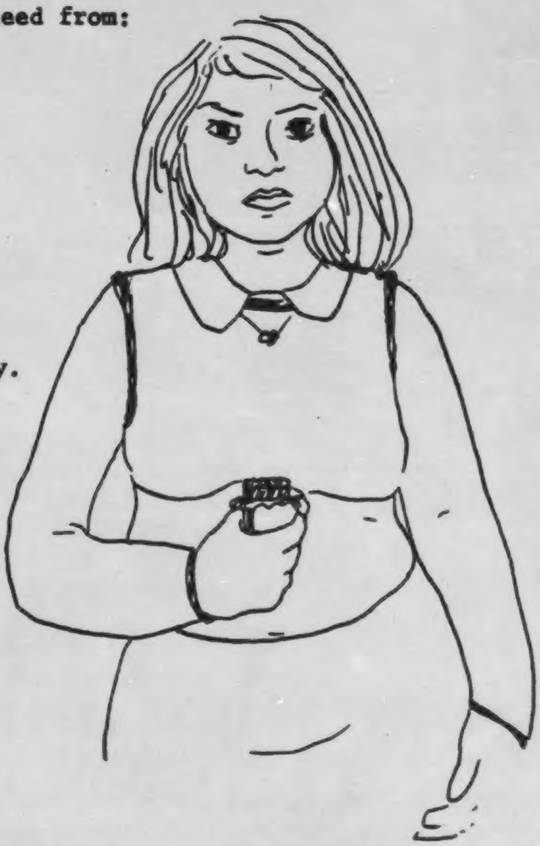
   Bread & Cereals ______________

   Fruits & Vegetables __________

   Meat __________________________

   Milk __________________________

3. **Change the above menus so they provide better nutrition for Mary.**



VegeTable Scramble

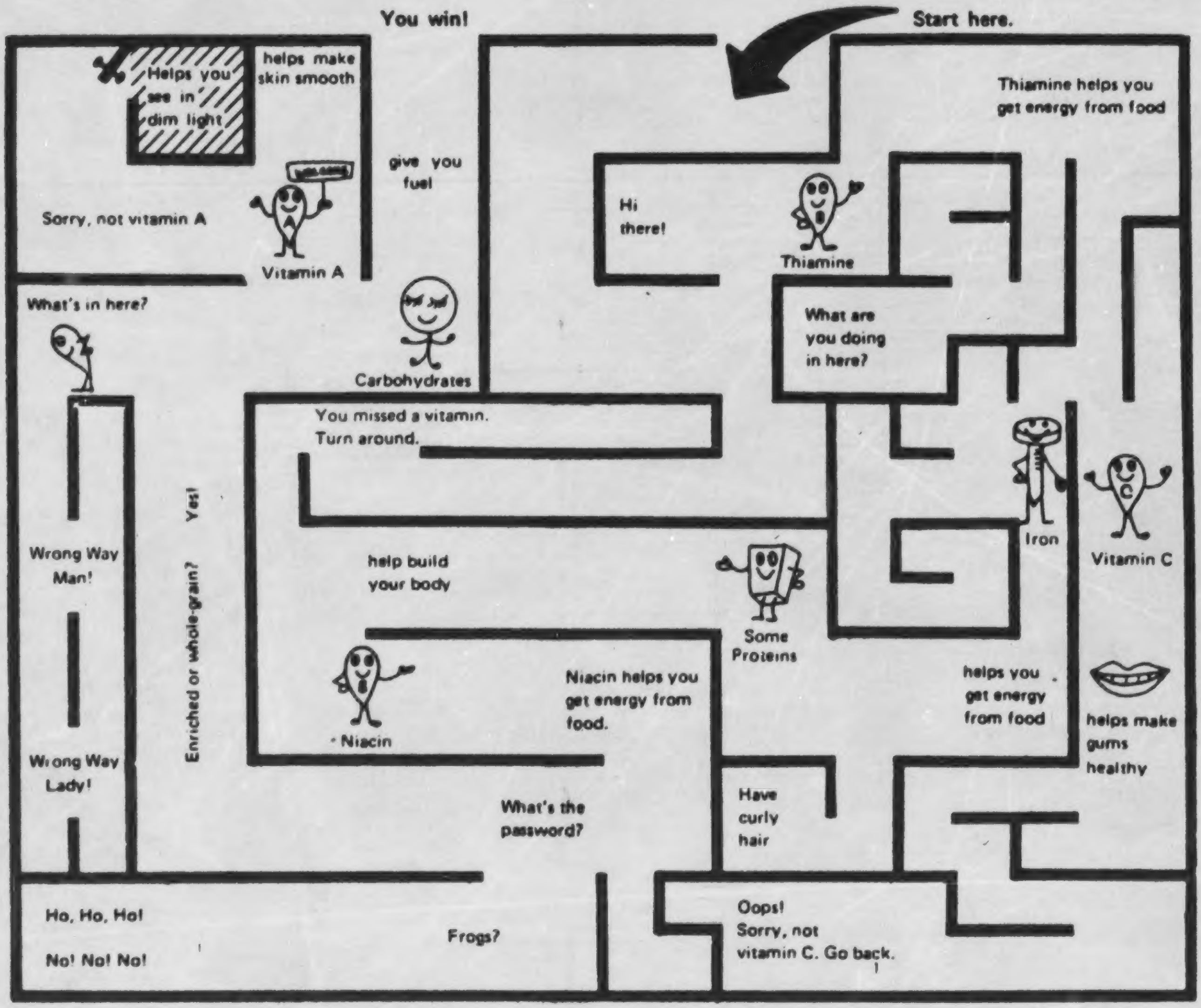
Scrambled Word	Correct	A Vitamin A Food	A Traditional Food
pasrasug			
nbea			
etbes			
cobroil			
abrusles stsopru			
gacbsbae			
rcartos			
lifluacreow			
lecrey			
rnoc			
ionnos			
ldeniaodn egersn			
eaps			
toposeta			
npiscah			
ewstw ptotaseo			
maottsoe			
tpnrui egrens			
kinppum			

Fruit Scramble

Scrambled Word	Correct	A Vitamin C Food	A Traditional Food
plesap			
trasrrwbies			
sprbarresi			
seogorbersie			
greaps			
belubreiesr			
bnracreeisr			
rchersie			
mlups			
lemnos			
ricpoats			
rapes			
onegsar			
fepragiurt			
moelsn			
rucantrs			
nbanasa			
nepipapel			
bruahrb			

The Maze with Grain

Draw a path through the maze. Nutrients in the Bread and Cereal Group will be your guides. Don't let other nutrients trick you.


You win!
Start here.
Helps you see in dim light
helps make skin smooth
Sorry, not vitamin A
Vitamin A
give you fuel
Thiamine helps you get energy from food
Hi there!
Thiamine
What's in here?
Carbohydrates
What are you doing in here?
You missed a vitamin. Turn around.
Yes!
Enriched or whole-grain?
Wrong Way Man!
help build your body
Iron
Vitamin C
Some Proteins
Niacin
Niacin helps you get energy from food.
helps you get energy from food
helps make gums healthy
Wrong Way Lady!
What's the password?
Have curly hair
Ho, Ho, Ho!
No! No! No!
Frogs?
Oops! Sorry, not vitamin C. Go back.

CALORIE COUNTER

FOOD **Dairy Foods**	Calories	% of RDA of Protein	% of RDA of Calcium	% of RDA of Iron	% of RDA of Vitamin A	% of RDA of Vitamin C
Whole Milk, 1/2 pint	160	15	23	---	7	4
Skim Milk, 1/2 pint	90	15	23	---	---	4
Cheddar Cheese, 1 ounce	105	13	17	---	7	---
Cottage Cheese, 1/2 cup	120	28	8	---	4	---
Ice Cream, 1/2 cup	145	5	7	---	7	---
Protein Foods						
Hamburger & Bun	280	32	3	14	---	---
Hog Dog & Bun	270	16	---	8	---	---
Liver, 3 ounces	190	41	---	42	908	45
Egg, 1	80	12	---	7	12	---
Macaroni & Cheese, 3/4 cup	350	25	23	9	14	---
Baked Beans, 3/4 cup	240	22	9	20	5	8
Peanut Butter Sandwich	375	22	4	10	6	---

Fruits & Vegetables	Calories	% of RDA of Protein	% of RDA of Calcium	% of RDA of Iron	% of RDA of Vitamin A	% of RDA of Vitamin C
Carrots, 1 raw	20	---	---	---	110	8
Potato, 1 small, plain	80	4	---	4	---	40
French Fries, 10 pieces	155	4	---	4	---	24
Potato Chips, 10 chips	115	---	---	---	---	6
Sweet Potato, 1 medium, plain	170	---	4	6	232	50
Cole Slaw, 1/2 cup	60	---	---	---	---	35
Orange Juice, 1/2 cup	50	---	---	--	---	127
Apple, 1 medium	70	---	---	---	---	6
Breads & Cereals						
Bread & Butter, 1 slice	110	---	---	4	5	---
Sweet Roll, 1	178	10	4	---	---	---
Other						
Pizza, 1/8 of 14" pie	185	13	9	4	6	8
Apple Pie, 1 small piece	345	6	---	---	---	---

	Calories	% of RDA of Protein	% of RDA of Calcium	% of RDA of Iron	% of RDA of Vitamin A	% of RDA of Vitamin C
Baked custard, 1/2 cup	145	12	11	---	9	---
Frosted Layer Cake, medium size	370	7	5	4	9	---
Soft Drink, 8 ounces	95	---	---	---	---	---

Your Diet IQ

1. Obesity is due entirely to heredity.

   _____ True _____ False

2. Meal skipping is a good way to lose weight.

   _____ True _____ False

3. Sugar is not as fattening as starch.

   _____ True _____ False

4. Protein foods are not fattening.

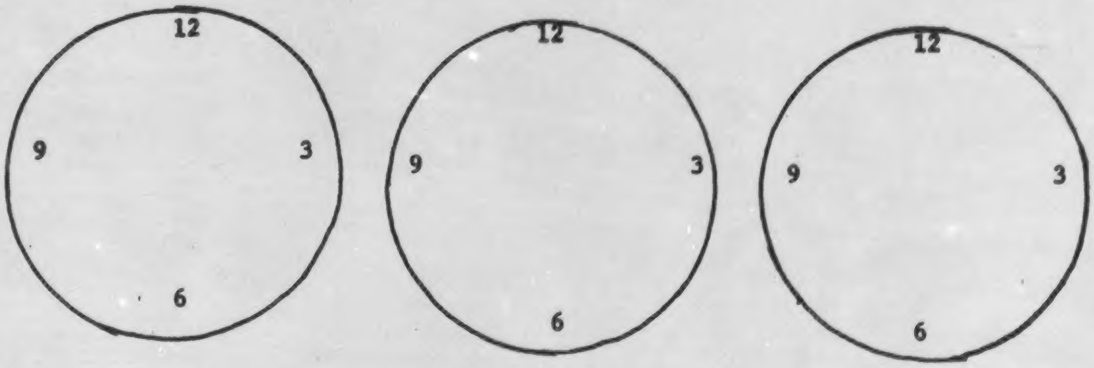
   _____ True _____ False

5. One should avoid breads and cereals when trying to lose weight.

   _____ True _____ False

Time For Breakfast

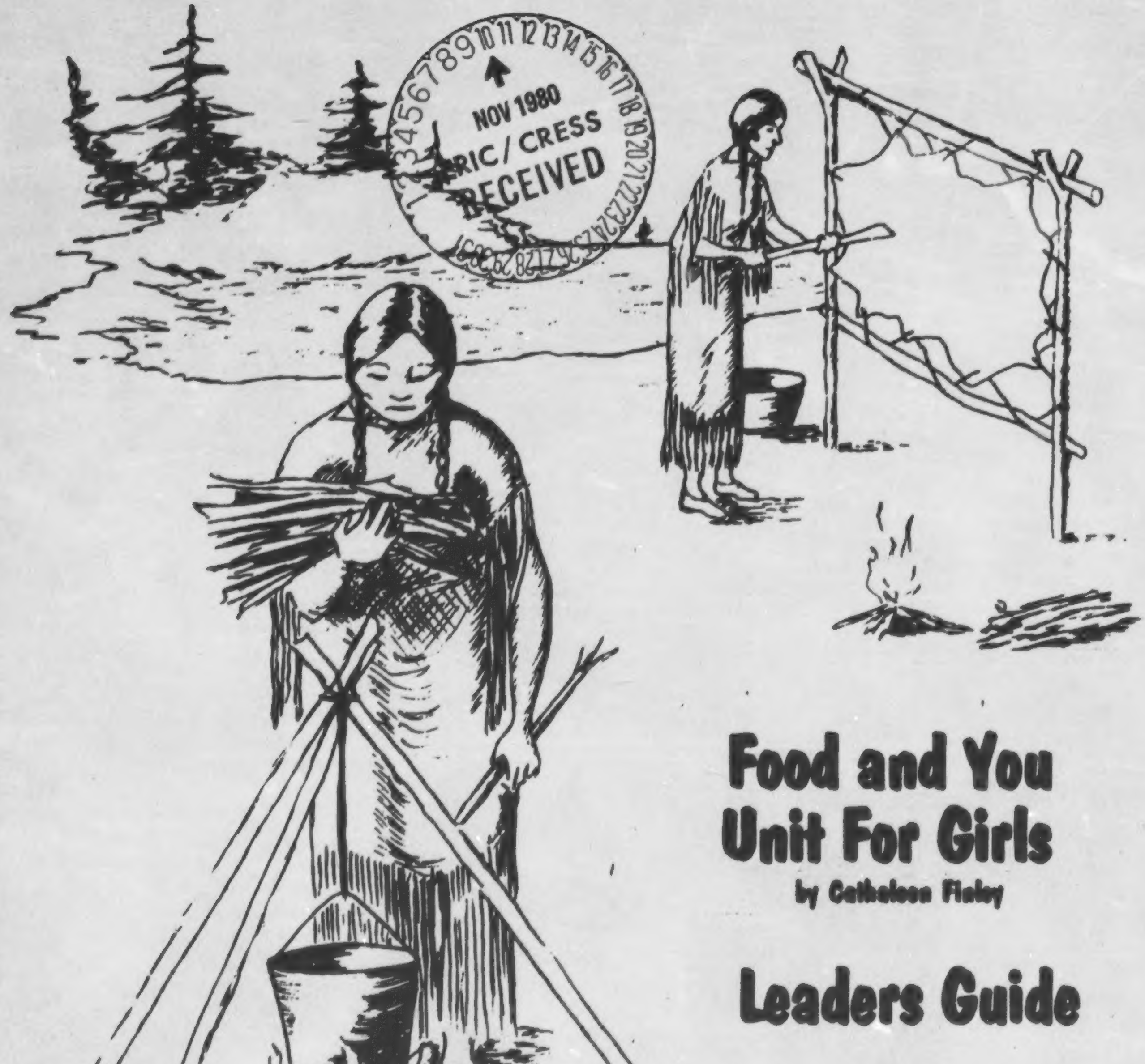
Count the hours from breakfast to lunch, from lunch to dinner, from dinner to breakfast. When is the longest time without food during the day? Make clocks to show this. Shade in the time between meals.



Alice feels cranky and tired most of the time. She is doing poorly in school. She has no interest in playing on the local basketball team. She doesn't have the pep and energy that it takes. Alice skips breakfast so she can get a bit more sleep. She doesn't like the hot lunch at school so doesn't eat much of it.

Could Alice's problem be what she doesn't eat? Why? What would be better eating habits for Alice?

NON-FAT DRY MILK
WHOLE MILK
EVAPOR MILK
ICE CREAM



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Food and You Unit For Girls

by Cathaleen Finley

Leaders Guide

Choices & Careers Free To Choose

UWEX Cooperative Extension Programs
University of Wisconsin-Extension

W2GX14

Food and You - Unit For Girls

Reading on nutrition repeatedly state that teenage girls are probably the most poorly nourished members of the family. The nutrients most commonly lacking in their diets are calcium, iron, Vitamin C, and Vitamin A. Frequently the amount of iron in the diet of the teenage girl is inadequte.

Being overweight is a pressing problem among teenagers.

There are several reasons for these nutrition problems. One is the fact that many girls skip breakfast. They oversleep or take too long getting ready for school. Many girls skip breakfast for fear of becoming fat.

Teenagers often make a poor selection of snacks. Often snacks provide a large number of calories but few of the nutrients needed for growth and good health. Often girls don't drink enough milk, believing that milk is for children or that it will make them fat.

The teenage girl fears fat. Fat seems to be a common and constant worry among teenage girls.

Concept Nutrition affects a girl's health.

Objectives

1. Girls will understand the Daily Food Guide.
2. Girls will understand that the food they eat affects how they feel and how they look.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Show the girls the series of sketches, "Key Nutrients" (WKGX14).

Explain how the various nutrients affect a person. Following are comments which you may wish to make as you use the sketches.

1. Key nutrients	The body needs these nutrients. The key groups of nutrients are proteins, minerals, vitamins, carbohydrates, and fats.
2. Protein builds and repairs.	Protein builds and repairs. The nutrient protein is needed by every cell in the body. All your muscles are built from proteins.
3. Protein is found in:	Protein is found in such foods as meat, poultry, fish, eggs, beans, peas, and nuts. Milk and cereal foods also give you protein.
4. Calcium helps build bones.	You need calcium to help build strong bones and teeth. Calcium helps your muscles to work and your nerves to carry messages. It also helps to clot your blood and to keep your heart beating.
5. Calcium is found in:	Milk is a good source of calcium. Foods made from milk, such as cheese, are another good source of calcium. Dark green leafy vegetables also have calcium.
6. Iron helps carry oxygen to cells.	Iron is needed by all cells, especially the red blood cells. Without iron, you feel tired and run down.
7. Iron is found in:	Iron is found in a wide variety of foods such as lean meats, liver, dried peas and beans, dark green vegetables, many dried fruits, and whole or enriched grain fruits.
8. Vitamin A helps you see in the dark.	Vitamin A is needed for growth and helps you see in the dark. Vitamin A also helps protect you from infection by keeping the linings of your mouth and digestive system in good condition.

9.	Vitamin A is found in:	Deep green and deep yellow vegetables are rich in Vitamin A. They include broccoli, leafy greens, carrots, and sweet potatoes. Milk also gives Vitamin A.
10.	Vitamin C helps hold cells together.	Vitamin C helps hold your body cells together and keeps the walls of your blood vessels strong. Vitamin C is also needed to heal wounds. Without enough Vitamin C, your gums may bleed.
11.	Vitamin C is found in:	Citrus fruits, such as oranges, are rich in Vitamin C. Tomatoes, cantaloupes, strawberries, raw cabbage, and potatoes cooked in their jackets also provide Vitamin C.

2. Using the two posters on the guide, explain the Daily Food Guide to the girls.

3. Have the girls list the things they have eaten for the day. Then have them check their list against the Daily Food Guide. Ask them how well they did for the day.

4. If you are located in Wisconsin, have the girls use the NARS form. Have them list the foods they ate for one day. Have them return the form at the next session. Send the form to Community Programs, 401 Extension Building, 432 North Lake Street, Madison, Wisconsin 53706. The forms will be put through a computer and the printout will be returned in about three weeks. You may want to use this learning experience about three weeks before the session on nutrition. When the forms are returned, be sure to discuss them with the girls. If you are not located in Wisconsin, you could have the girls keep a record of the foods they eat for one day. Then, compare the record with the Daily Food Guide.

For Girls 9-11 and 12-14 Years Old

1. Have the girls play the game "Miss Healthy" using the following

directions:

Equipment needed: pencils, dice, and paper.

Object of the game: Each player tries to complete or draw Miss Healthy, a stick person. As she shakes the die, she also learns the four basic food groups. She needs meat, 2 or more servings per day; milk, 3 or more per day; bread and cereals, 4 or more per day; and fruits and vegetables, 4 or more per day.

Rules of the game: Each player must shake her die, taking one try at a time until she has shaken a two ⚁ which may be used for either a body or a head. She may then proceed to add other parts of the body.

Two ⚁ = Meat Group = 1 roll for body
= 1 roll for head

Three ⚂ = Milk Group = 1 roll for mouth
= 1 roll for teeth
= 1 roll for nose

Four ⚃ = Bread and Cereals Group = 2 rolls for 2 legs
= 2 rolls for 2 arms

Five ⚄ = Vegetables and Fruits Group = 2 rolls for each eye
= 2 rolls for each ear

After the players have become familiar with the game and have learned that 2 = meat group = body or head, etc., the game can be made more challenging by having the player name one of the foods in the group before she is permitted to draw that part.

Variations can be added by having the players work in teams of two. Encourage them to be creative in their drawings of Miss Healthy.

2. Have the girls complete the activity "Score With the Basic Four" on page 6 of Book I and on page 9 of Book II. See who can make the longest list in the shortest time. Following are the possible answers:

MILK GROUP

Whole milk
Swiss cheese
Dry milk
Blue cheese
Evaporated milk
Buttermilk
Skim milk
Ice milk
Cheddar cheese
Ice cream
Cream cheese
Coffee cream

FRUIT-VEGETABLE GROUP

Asparagus
Apricots
Brussels sprouts
Cantaloupe
Cauliflower
Figs
Corn
Grapes
Green pepper
Limes
Kale
Orange juice
Mushrooms
Peaches
Potatoes
Pineapple
Sauerkraut
Raisins
Tomatoes
Strawberries
Turnip greens
Watermelon
Zucchini squash

Apples
Broccoli
Blueberries
Carrots
Dates
Collard greens
Grapefruit juice
Eggplant
Lemons
Green peas
Nectarines
Lima beans
Papaya
Parsley
Persimmons
Rutabaga
Prunes
Swiss chard
Rhubarb
Tomato juice
Tangerines
Watercress

Beets
Banana
Cabbage
Cherries
Celery
Grapefruit
Cress
Honeydew melon
Green beans
Mangos
Lettuce
Oranges
Onions
Pears
Pumpkin
Plums
Spinach
Raspberries
Sweet potatoes
Tangelos
Turnips
Wax beans

MEAT GROUP

Beef
Fish
Ham
Liverwurst
Stewing lamb
Tuna
Sausage
Dry peas

Lamb
Chicken
Liver
Dry beans
Pork chops
Shrimp
Salami
Eggs

Pork
Duck
Frankfurter
Peanut butter
Veal chops
Oysters
Bologna

Veal
Turkey
Goose
Ground beef
Salmon
Kidney
Sardines

BREAD-CEREAL GROUP
(Whole Grain or Enriched)

Biscuits
Muffins
Waffles

Boston brown bread
Pancakes
White bread

Cornbread
Raisin bread
Whole wheat bread

Crackers
Macaroni
Ready-to-eat Cereal
Rolled wheat

Corn grits
Noodles
Rice
Spaghetti

Hominy
Oatmeal
Rolled oats

3. Have the girls play "Nutrition Bee." Have the girls form two teams. You name a food item, and the players must name the right food group. Start with one group of foods, such as chicken; then, go into foods that have more than one group, such as cheese sand-

wich.

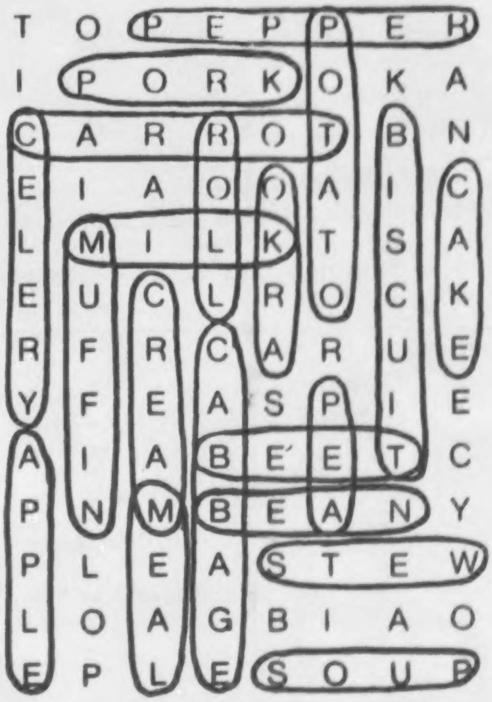
Example: You call out "chicken" and the player answers, "chicken—meat group." You call out "cheese sandwich" and the player answers, "cheese sandwich—bread and cereal group, and milk group."

If a player gives the wrong answer, she must drop out.

4. Place a light behind each girl so her shadow will fall on a piece of wrapping paper. Have another girl draw around the shape of the shadow with a pencil. Then have each girl cut out her shadow and mount it. The girls can add slogans to their shadow which illustrate the idea "I AM WHAT I EAT."

For Girls 12-14 and 15-18 Years Old

1. Have the girls complete the activity "Scramble for Your Food" on page 10 of Book II and Book III. Following are the correct answers. When they have finished, have them name the food group for each of the foods.



T	O	P	E	P	P	E	R
I	P	O	R	K	O	K	A
C	A	R	R	O	T	B	N
E	I	A	O	O	A	I	C
L	M	I	L	K	T	S	A
E	U	C	L	R	O	C	K
R	F	R	C	A	R	U	E
Y	F	E	A	S	P	I	E
A	I	A	B	E	E	T	C
P	N	M	B	E	A	N	Y
P	L	E	A	S	T	E	W
L	O	A	G	B	I	A	O
E	P	L	E	S	O	U	P

2. Have the girls complete "The Key Nutrient Match" on page 11 of Book II and Book III. Following are the correct answers:

Protein
- [✓ 1.] builds and repairs body cells.
- 2. is abundant in green leafy vegetables.
- 3. is needed by children only.

Fats and Carbohydrates
- 1. are good for weight watchers.
- 2. eliminate tooth decay.
- [✓ 3.] give energy for work and play.

Calcium
- 1. builds skin cells.
- [✓ 2.] helps build bones and teeth.
- 3. is a vitamin.

Iron
- 1. helps your nerves carry messages.
- 2. improves eyesight.
- [✓ 3.] builds red blood cells.

Thiamin
- [✓ 1.] promotes good appetite and digestion.
- 2. heals wounds.
- 3. produces muscular disability.

Riboflavin
- 1. regulates heart beat.
- [✓ 2.] combines with protein to form enzymes.
- 3. causes loss of appetite.

Niacin
- 1. repairs muscles.
- 2. builds body cells.
- [✓ 3.] is called the pellegra-preventing vitamin.

Vitamin C
- [✓ 1.] helps hold body cells together.
- 2. makes your gums bleed.
- 3. promotes digestion.

Vitamin A
- 1. helps your muscles work.
- [✓ 2.] helps you see in the dark.
- 3. helps blood to clot.

3. Have the girls discuss Mary's Story on page 12 of Book II and Book III. The answers are as follows:

1. No
2. Breads and cereals - 1
3. Fruits and vegetables - 2
4. Meat - 1
5. Milk - 1

Concept Long ago, tribal people probably had very good diets.

Objectives

1. Girls will understand tribal diets of long ago.
2. Girls will relate traditional diets to present-day diets.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Using the girls' booklet "Food and You," discuss with the girls the sources of protein, Vitamin A, Vitamin C, calcium, and iron long ago. Discuss with them how they can use similar foods today. Ask them what traditional foods they are familiar with.
2. Ask a tribal elder or other person knowledgeable about traditional foods to come in and share his/her information with the girls.
3. Have the girls play the Bingo-Lingo game, which is done in the Chippewa language. You may want to have the girls make a similar game, if their tribal language is not Chippewa.

For Girls 9-11 and 12-14 Years Old

1. Have the girls play charades: write the names of tribal foods on slips of paper. Place them in a container. As each girl draws a name, she acts out things about the food, such as its shape or size, how it is harvested, preparing it for cooking, etc.
2. Have the girls look through magazines and cut out pictures of foods that were eaten by their ancestors. They can use the pictures to make a poster or collage. Some of the girls may want to draw a poster. Point out how Indian people have made food con-

tributions to this country.

3. Have the girls complete the "Tribal Food Scramble" on pages 7 and 8 of Book I and on pages 13 and 14 of Book II. Following are the correct answers:

quassh	squash
atem	meat
rveil	liver
shif	fish
rttule	turtle
kucd	duck
liwd ceir	wild rice
mupkpin	pumpkin
grasusapa	asparagus
ronc	corn
apmel syupr	maple syrup
soeom	moose
ntsu	nuts
toatosep	potatoes
naesb	beans
breirsesogeo	gooseberries
toros	roots
enegr vaelse	green leaves
nrfes	ferns
limkdewe	milkweed
delnoinad egrens	dandelion greens
rcuartns	currants
koech rcherseis	choke cherries
belubreirse	blueberries
rechcseir	cherries
aebr	bear
eder	deer

The answers to the questions are as follows:

Calcium foods are:	Protein foods are:
green leaves	meat
ferns	liver
dandelion greens	fish
	turtle
	duck
	moose
	nuts
	bear
	deer

Foods rich in iron are:

meat
liver
fish
wild rice
moose
dandelion greens

turtle
berries

duck

Sources of Vitamin A are:

liver
squash
pumpkin
green leaves
dandelion greens

Sources of Vitamin C are:

potatoes
blueberries
raspberries
gooseberries
dandelion greens
green leaves

4. Have the girls build a stick woman using the game "Food and Health of Long Ago." The directions are on pages 9 and 10 of Book I and on pages 15 and 16 of Book II. The game provides an opportunity to further develop appreciation for traditional tribal foods.

Concept Fruits and vegetables are an important part of a girl's diet.

Objective

Girls will have four servings of fruits and vegetables each day.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Review with the girls why fruits and vegetables are an important part of a person's diet.
2. Have the girls complete the "Vegetable Scramble" on page 11 of Book I, on page 17 of Book II, and on page 13 of Book III. The correct answers are as follows:

Scrambled Word	Correct	A Vitamin A Food	A Traditional Food
pasrasug	asparagus		X
snbea	beans		X
etbes	beets		

Scrambled Word	Correct	A Vitamin A Food	A Traditional Food
cobroil	brocoli	X	
brsules stsporu	brussel sprouts		
gacbbae	cabbage		
rcartos	carrots	X	
lifluacreow	cauliflower		
lecrey	celery		
rnoc	corn		X
ionnos	onions		X
ldeniaodn egersn	dandelion greens	X	X
eaps	peas		
toposeta	potatoes		X
npiscah	spinach	X	X
ewste ptotaseo	sweet potatoes	X	X
maottsoe	tomatoes	X	
tpnrui egrens	turnip greens	X	
kinppum	pumpkin	X	X

3. Have the girls complete the "Fruit Scramble" on page 12 of Book I, on page 18 of Book II, and on page 14 of Book III. The correct answers are as follows:

Scrambled Word	Correct	A Vitamin C Food	A Traditional Food
plesap	apples		
trasrrwbies	strawberries	X	X
sprbarresi	raspberries	X	X
seogorbersie	gooseberries	X	X
greaps	grapes		X
belubreiesr	blueberries	X	X
bnracreeisr	cranberries		X
rchersie	cherries		X
mlups	plums		X
lemnos	lemons	X	
ricpoats	apricots		
rapes	pears		
onegsar	oranges	X	
fepragiurt	grapefruit	X	
moelsn	melons	X	
rucantrs	currants	X	X
nbanasa	bananas		
nepipapel	pineapple		
bruahrb	rhubarb		

4. Have the girls play "Vito O," which is played like a bingo game.

For Girls 9-11 Years Old

1. Have the girls complete "The Fruit Tree Scramble" on page 13 of

Book I. The answers are as follows:

1. apple
2. peach
3. lemon
4. pear
5. orange
6. lime
7. banana
8. plum
9. cherry
10. fig

2. Have the girls complete "The Matching Game" on page 14 of Book I.

The correct answers are as follows:

Vitamin C Foods:

1. orange juice
2. strawberries
3. tomatoes
4. cabbage
5. brussels sprouts

Vitamin A Foods:

1. apricots
2. spinach
3. carrots
4. sweet potatoes
5. cantaloupe

Concept Cereals are an important part of a person's diet.

Objective

Girls will understand the importance of eating cereals.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Review with the girls how cereals contribute to their health.

2. Have the girls complete the "Maze With Grains" on page 15 of Book I,

on page 19 of Book II, and on page 15 of Book III.

Concept Milk is an important part of a person's diet.

Objective

Girls will understand the importance of drinking milk or eating dairy products.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Review with the girls how dairy products contribute to their health.
2. Discuss with the girls what milk products they can substitute for milk. See who can make the longest list in the shortest time. Some possibilities are as follows:

    cheese
    cottage cheese
    ice cream
    custard
    pudding
    milk shakes
    malted milks
    creamed soups
    creamed sauces like tuna on toast

3. Have the girls make a poster or collage illustrating an idea about dairy products. They may want to create their own pictures or cut pictures from magazines.

Concept A girl needs to have a well balanced diet, even if she is dieting.

Objectives

1. Girls will understand the relationship between calories and obesity.

2. Girls will understand that they need a balanced diet, even if they are trying to lose weight.

Learning Experiences

For Girls 15-18 Years Old

1. Ask the girls why fad diets may be bad for their health. Fad diets usually do not contain the four food groups in the proper amounts, so by using the diet a girl won't get all the nutrients she needs for good health.

   Secondly, a girl does not usually follow a fad diet after she loses some weight, so she is likely to go back to her old eating habits and gain back the weight she has lost.
2. Have the girls use magazines and newpapers to make a poster or a collage showing diets that could be harmful to their health.
3. From magazines and newspapers, collect examples of current lose-weight diets. Have members evaluate how well these diets provide essential nutrients. Do they include all of the foods in the Daily Food Guide? Have the girls use the "Calorie Counter" on pages 16 to 18 of Book III to determine the number of calories in the diets.
4. Ask the girls to check the calorie count of some of their favorite snacks. They can use the "Calorie Counter" on pages 16 to 18 of Book III to do this.
5. Explain to the girls how calories accumulate if one consumes more calories than she uses. Use Book III as a reference.
6. Clip from magazines pictures of various foods or meals. Either display pictures with caloric value or ask members to rank foods or meals as to calorie content (e.g., a large-appearing meal might actually provide fewer calories than a single snack or dessert).

7. Have the girls complete the quiz "Your Diet IQ" on page 19 of Book III. Following are the correct answers:

   1. Obesity is due entirely to heredity.

      False. Obesity is caused by eating more calories than one uses.

   2. Meal skipping is a good way to lose weight.

      False. When one skips meals she may be so hungry that she eats much more at the next meal, thus taking in extra calories.

   3. Sugar is not as fattening as starch.

      False. Starch turns into sugar inside one's body.

   4. Protein foods are not fattening.

      False. Protein foods have calories. If one eats more protein foods than are needed, the extra protein becomes fat, which is stored by the body.

   5. One should avoid breads and cereals when trying to lose weight.

      False. Breads and cereals provide nutrients that are needed for good health.

Concept Breakfast is a very important meal that should not be skipped.

Objective

Girls will eat a nutritious breakfast.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Have the girls complete the activity "Time for Breakfast" on page 16 of Book I, on page 20 of Book II, and on page 20 of Book III.
2. Ask the girls why breakfast is important to good health.

3. Ask the girls how eating breakfast can help them do better in school.

4. Have each girl make a list of what she would prepare for a "quick breakfast." Some ideas might be:

   Toast with peanut butter, fruit, and a glass of milk.

   Fruit juice, cheese and crackers, and a glass of milk.

   Cold meat sandwich, orange juice, and a glass of milk.

   Fruit juice, cereal, and a glass of milk.

   Point out that no one should skip breakfast because she does not have time in the morning.

5. Divide the girls into groups of three to six. Provide each group with several copies of old magazines, a pair of scissors, paste, crayons, and a large piece of cardboard or poster paper. When the leader says go, each group will search through magazines for pictures, phrases, etc., that they can use in constructing a nutrition poster about breakfast. Perhaps they can find pictures of foods that should be included in this meal, or they may find pictures of people showing what happens when one doesn't eat breakfast. Each poster needs a slogan that can be formed from words or phrases cut from the magazines. Ask one member of each group to show and explain the poster to the entire group. If the girls wish, you might ask leaders or parents to act as judges and to select the top one or two posters. You might use posters from other learning experiences in this unit for the contest.

Concept Snack foods can be healthful or they can be empty-caloried foods.

Objective

Girls will eat appropriate snack foods.

Learning Experience

For Girls 12-14 and 15-18 Years Old

1. Have the girls make a list of their favorite snacks. You can then check their food value by using the "Calorie Counter" on pages 21 to 23 of Book II, and on pages 16 to 18 of Book III. Have the girls make bar graphs showing some snacks that are nutritious and some that are empty-calories foods. Have the girls clip pictures of foods from magazines, and make posters showing which are good snack choices and which are not.

Concept School breakfast programs and school lunch programs can help girls have good nutrition.

Objective

Girls will take advantage of school breakfast and school lunch programs, if these programs are available.

Learning Experiences

For Girls 12-14 and 15-18 Years Old

1. Discuss with the girls the advantages of taking part in a school breakfast of school lunch program.
2. Discuss with the girls what they like or don't like about the program.

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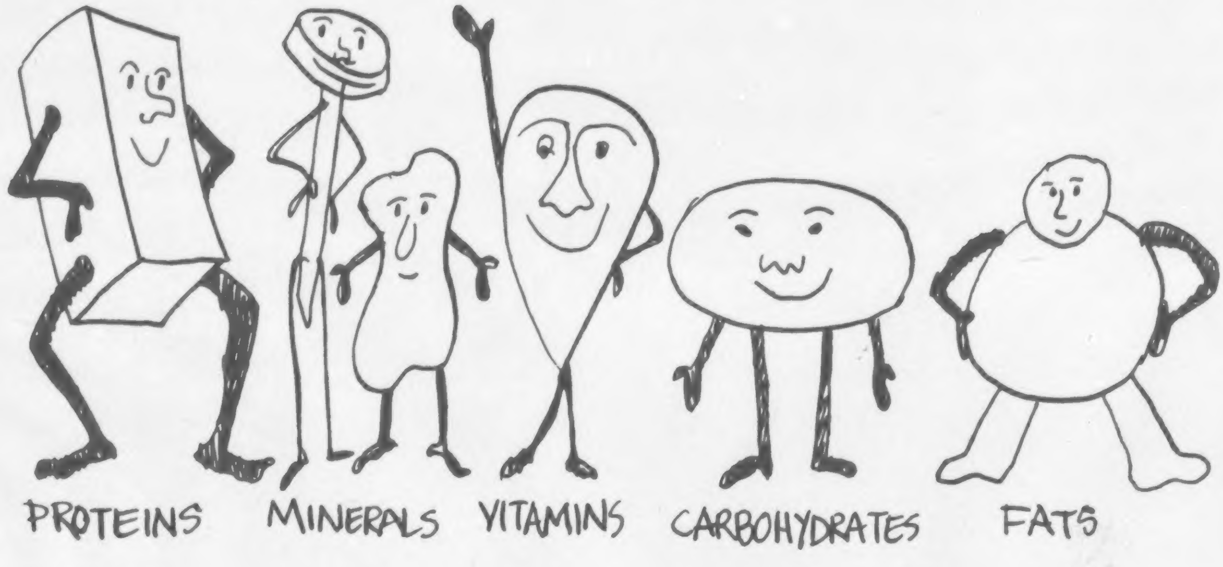
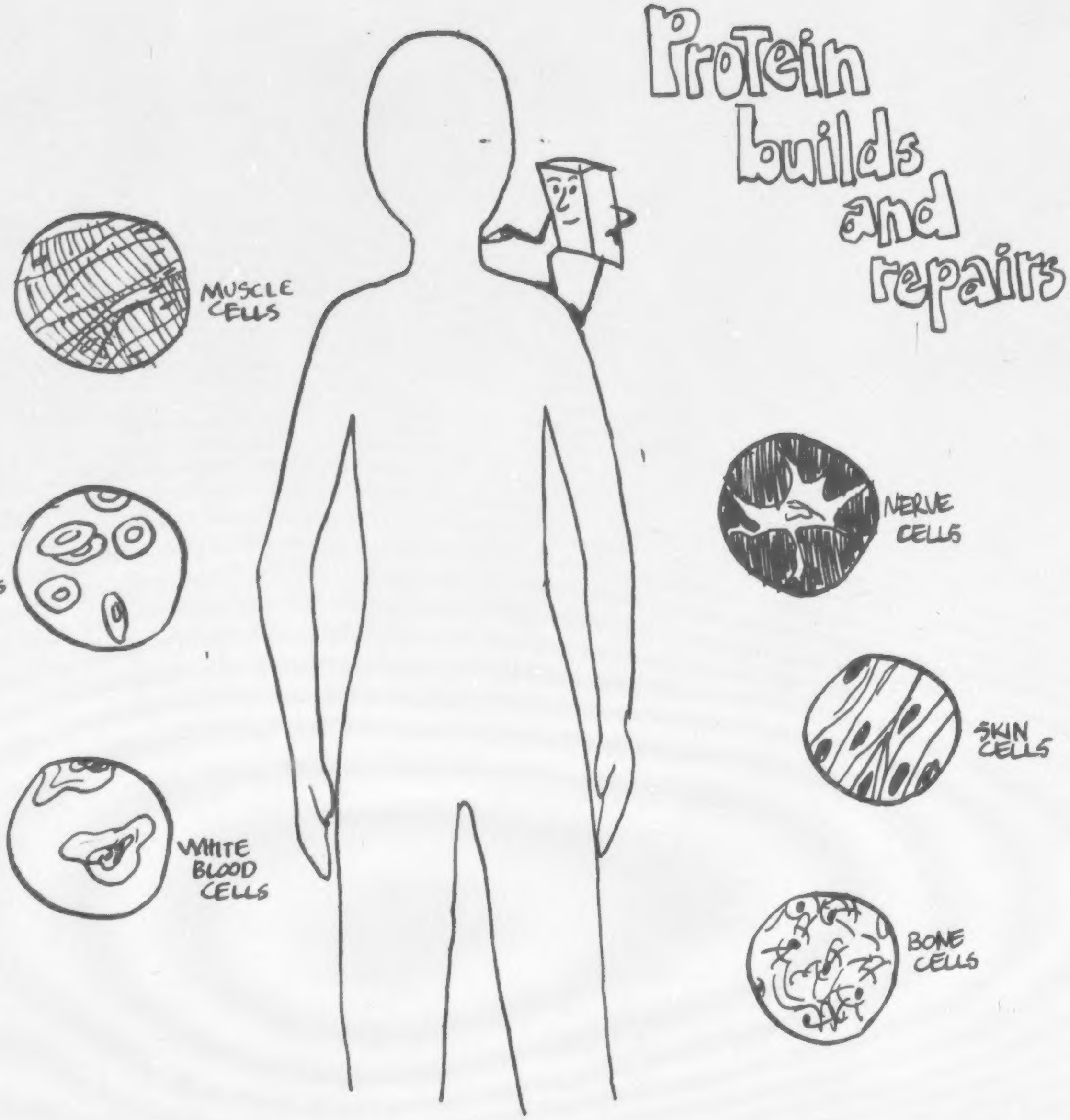
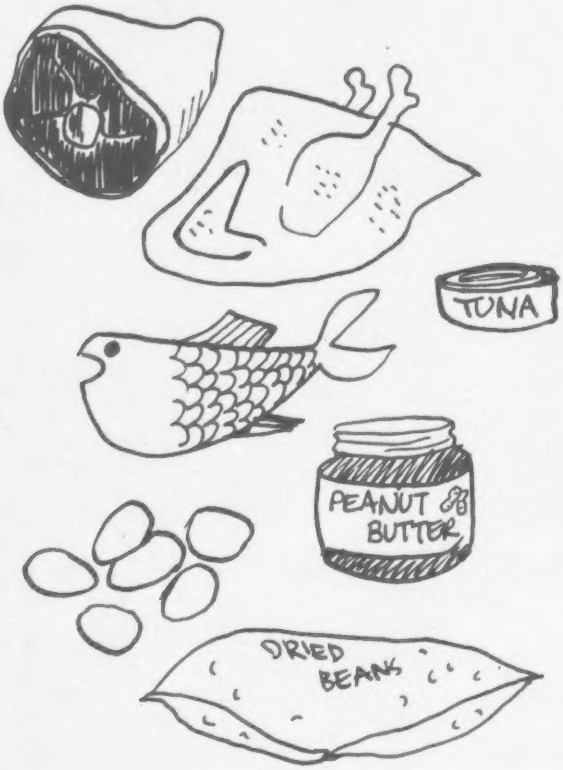
KEY NUTRIENTS


PROTEINS
MINERALS
VITAMINS
CARBOHYDRATES
FATS

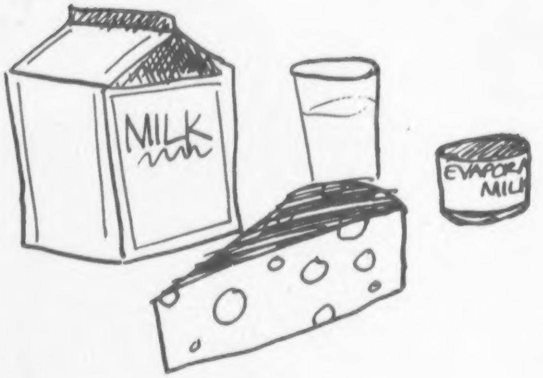

Protein builds and repairs
MUSCLE CELLS
RED BLOOD CELLS
WHITE BLOOD CELLS
NERVE CELLS
SKIN CELLS
BONE CELLS

Protein is found in:

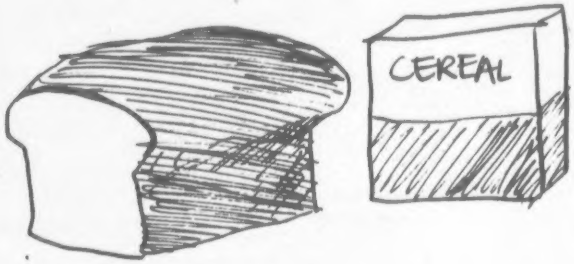
MEAT GROUP

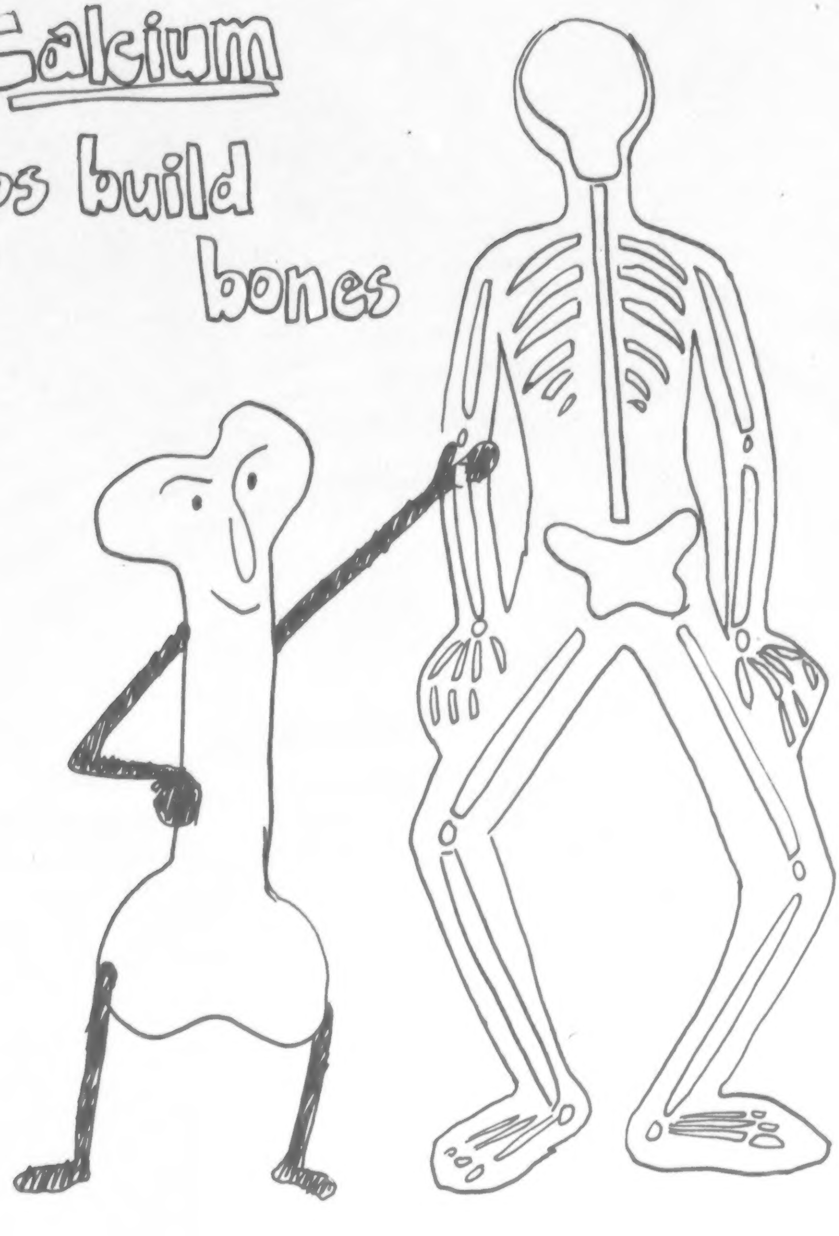

TUNA
PEANUT BUTTER
DRIED BEANS

MILK GROUP


MILK
EVAPORA
MILK

BREAD-CEREAL GROUP

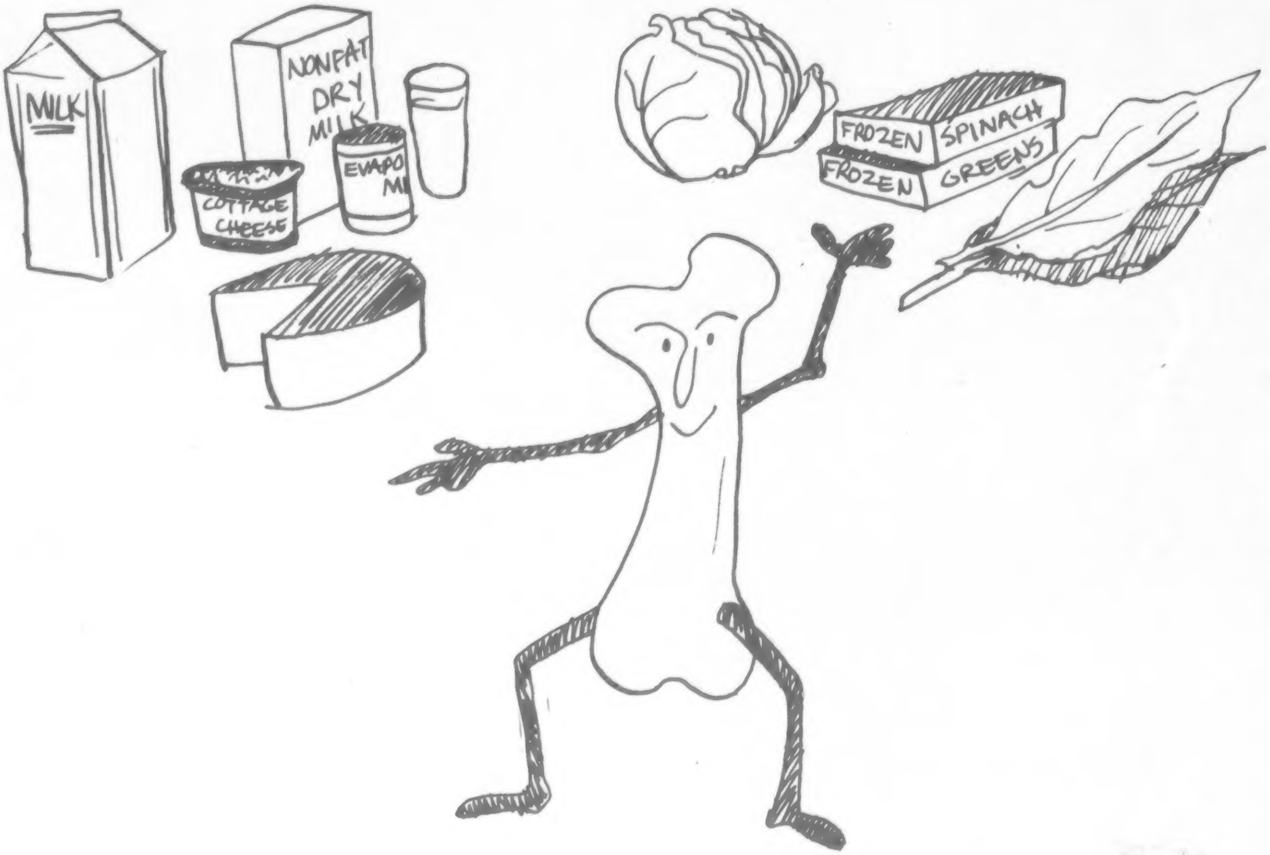


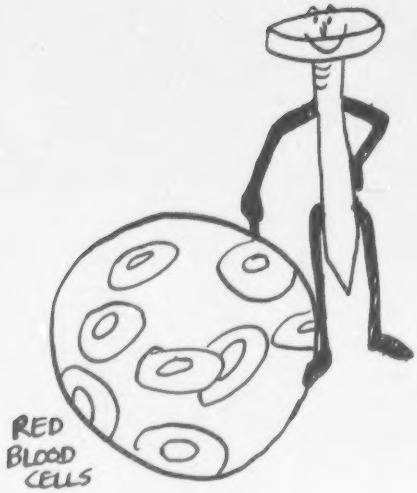

Calcium
helps build
bones

Calcium is found in:

MILK GROUP:

VEGETABLE GROUP:

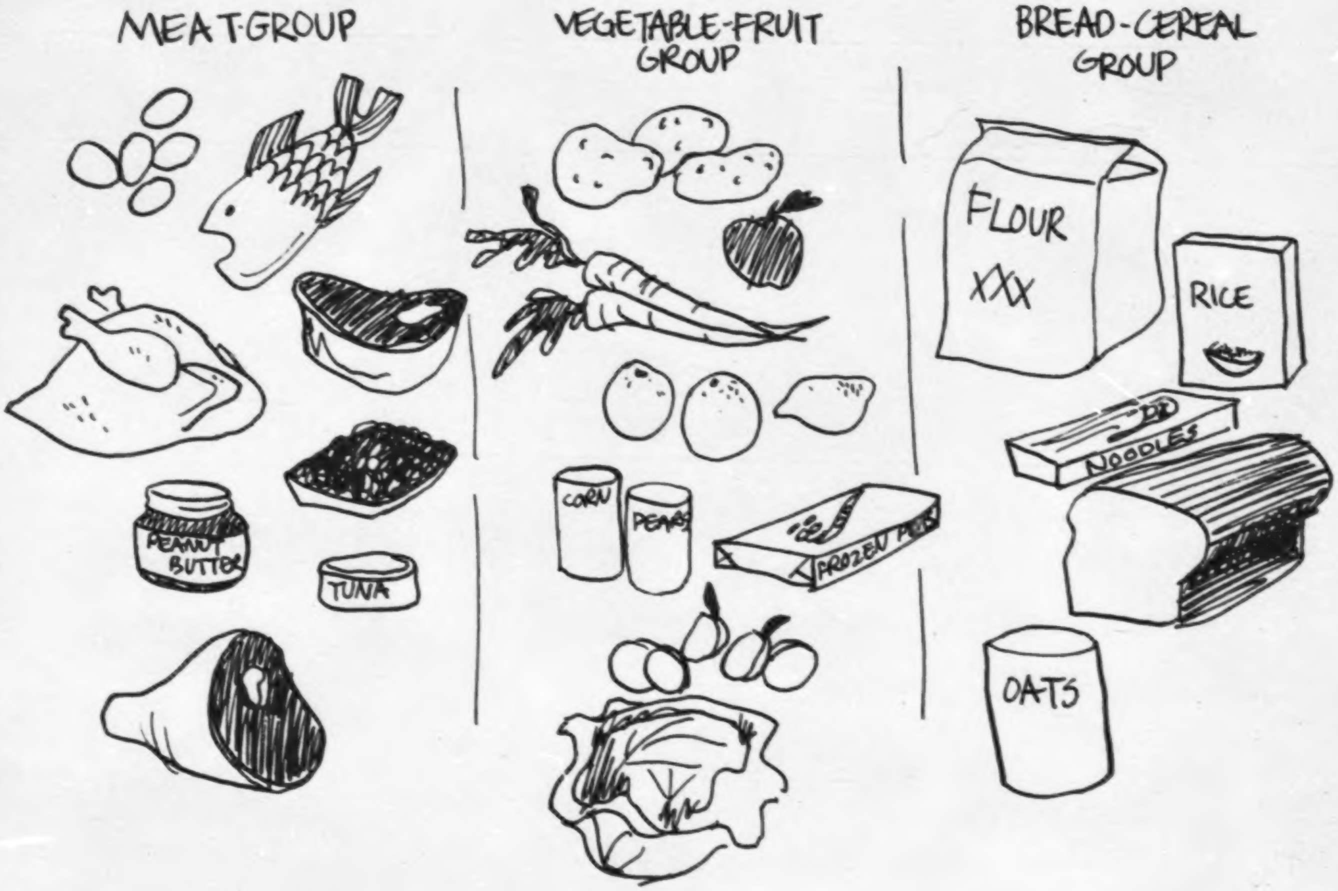

MILK
NONFAT DRY MILK
COTTAGE CHEESE
EVAPO MI
FROZEN SPINACH
FROZEN GREENS


RED
BLOOD
CELLS

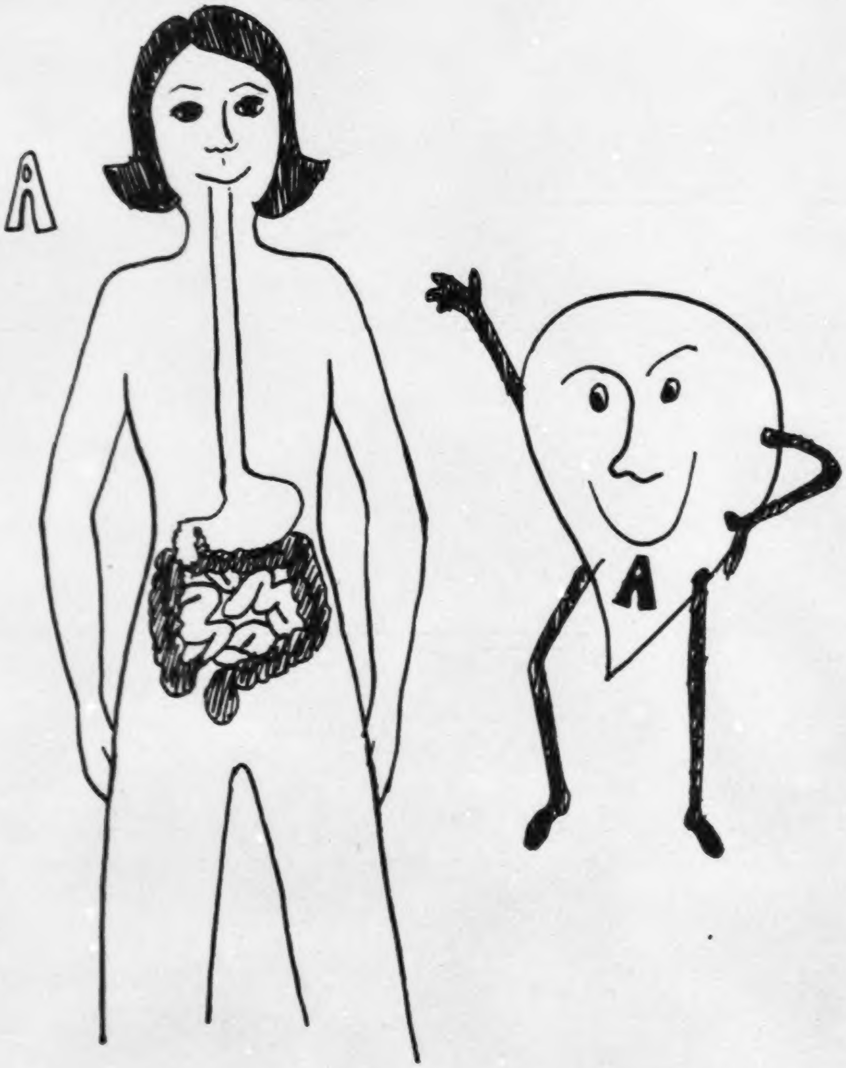
Iron

helps carry
Oxygen
To Cells

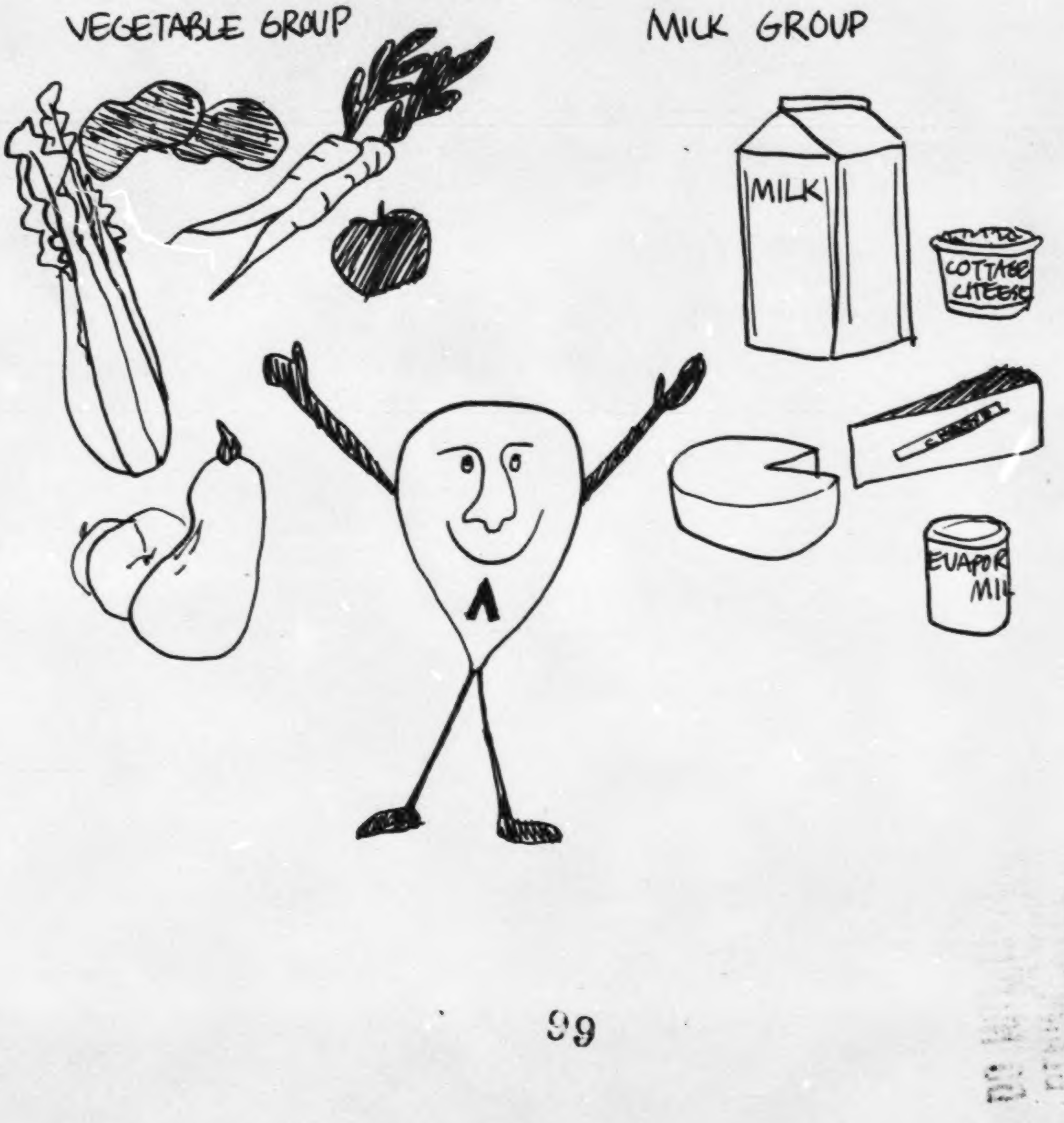
Iron is found in:

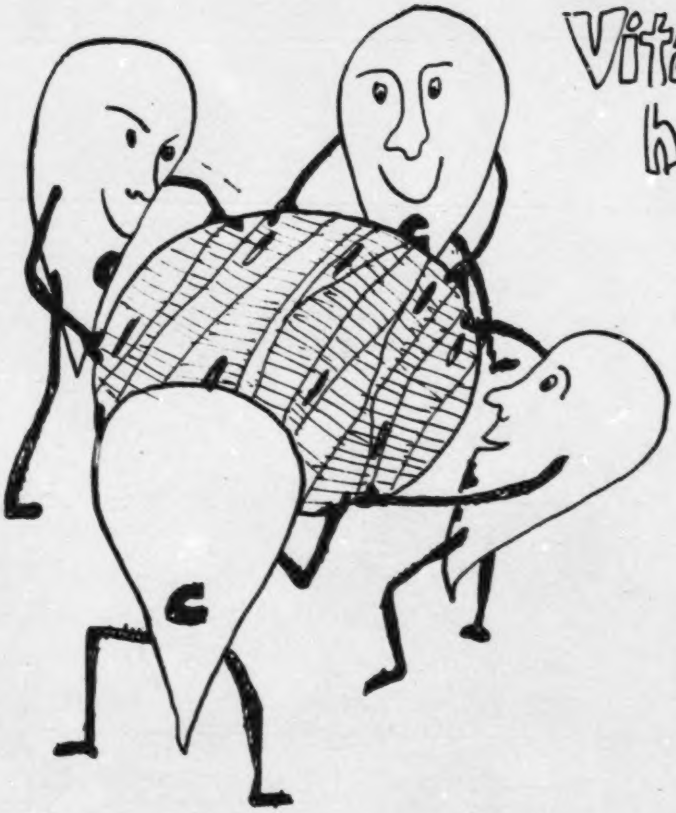

MEAT-GROUP
VEGETABLE-FRUIT GROUP
BREAD-CEREAL GROUP
PEANUT BUTTER
TUNA
CORN
PEAS
FROZEN PEAS
FLOUR
XXX
RICE
NOODLES
OATS

Vitamin A
helps
You See
in the
Dark



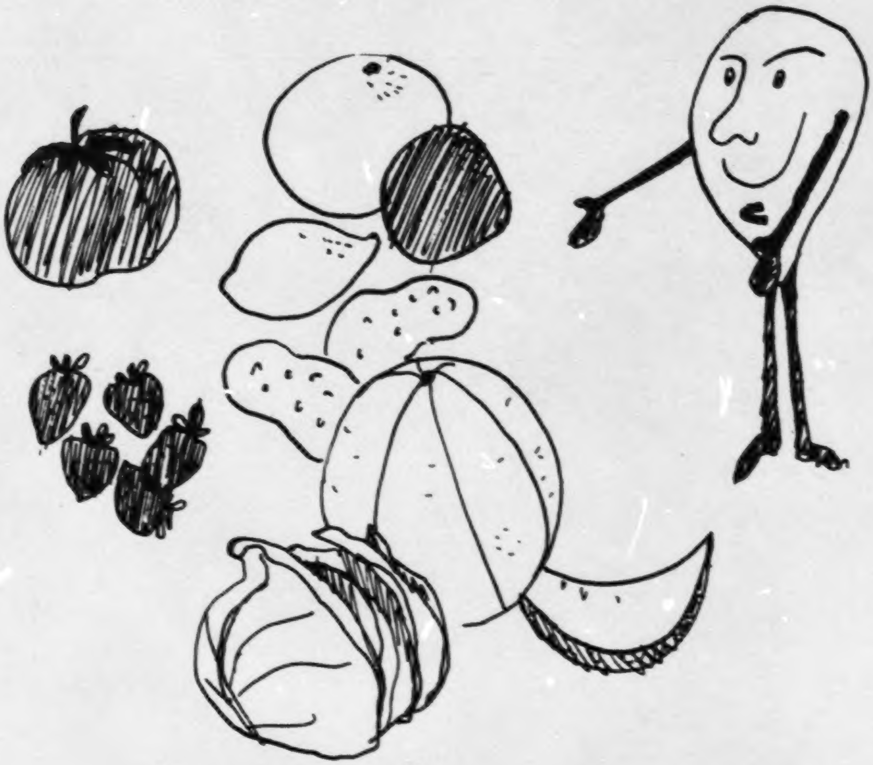
Vitamin A is found in:


VEGETABLE GROUP
MILK GROUP
MILK
COTTAGE CHEESE
EVAPOR MIL
A



Vitamin C
helps hold
Cells
together

Vitamin C is found in:



DAILY FOOD GUIDE

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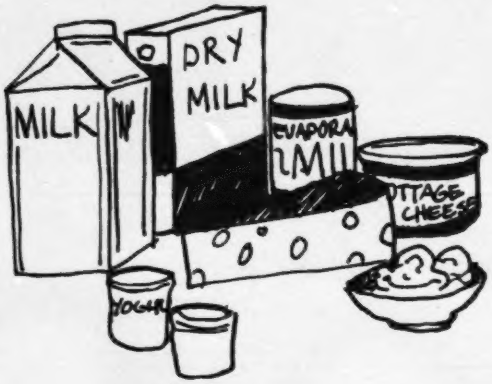
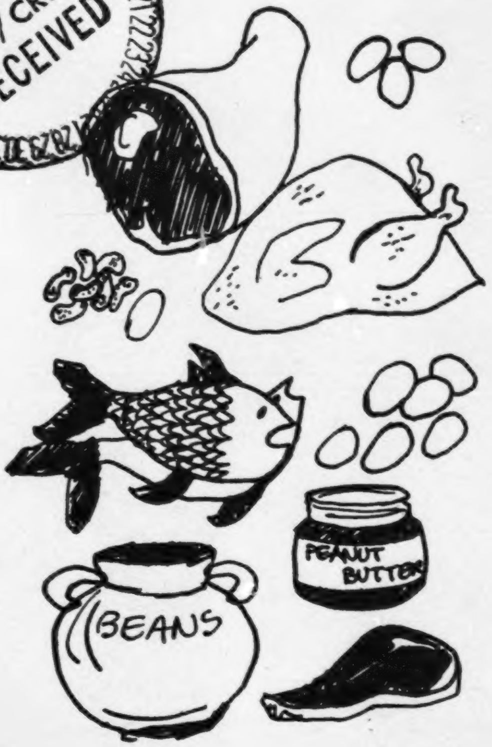
MILK GROUP

SOME FOR EVERYONE


MILK
DRY MILK
EVAPORA MIL
TTAGE CHEESE
YOGUR

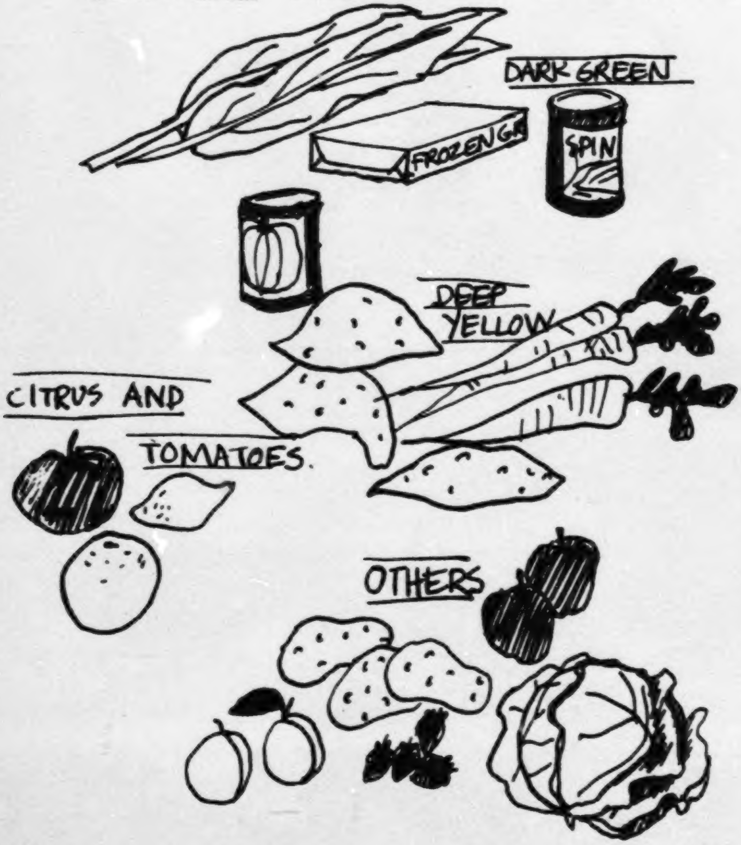
MEAT GROUP

2 OR MORE SERVINGS


PEANUT BUTTER
BEANS

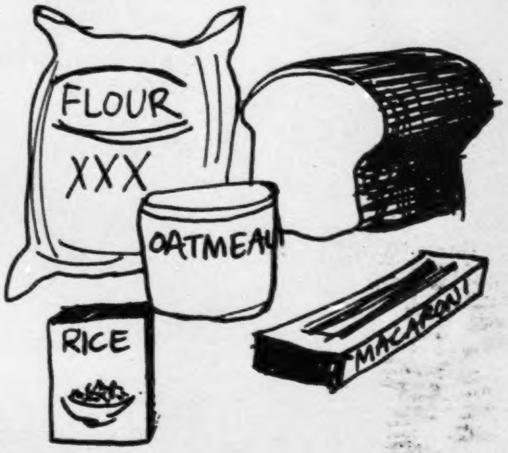
VEGETABLE - FRUIT GROUP

4 OR MORE SERVINGS


DARK GREEN
FROZEN GR
SPIN
DEEP YELLOW
CITRUS AND TOMATOES.
OTHERS

BREAD - CEREAL GROUP

4 OR MORE SERVINGS


FLOUR
XXX
OATMEAL
RICE
MACARONI

Follow the Food Guide EVERY DAY!

SOME for everyone

MILK GROUP

count as a serving 1 cup 🥛 of milk

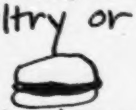
CHILDREN 9-12 — 🥛🥛🥛 or more

TEENAGERS — 🥛🥛🥛🥛 or more

2 or more servings

MEAT GROUP

count as a serving 2 or 3 ounces of cooked, lean meat, poultry or fish — such as


a hamburger

a chicken leg

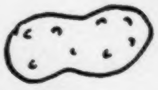
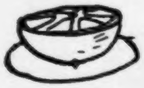
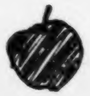
a fish

also — 2 eggs ○○
or 1 cup 🥛 cooked, dry beans or peas
or 4 tablespoons peanut butter 🥄🥄🥄🥄

4 or more servings

VEGETABLE - FRUIT GROUP

count as a serving ½ cup 🥛 (raw or cooked)
or 1 portion such as


or

or

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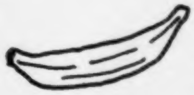

4 or more servings

BREAD - CEREAL GROUP (whole grain or enriched)

count as a serving
1 slice 🍞 of bread or 1 biscuit
or 1 ounce ready to eat cereal ——— 🥣
or ½ cup 🥛 to ¾ cup 🥛 cooked cereal,
cornmeal, grits, macaroni,
rice or spaghetti

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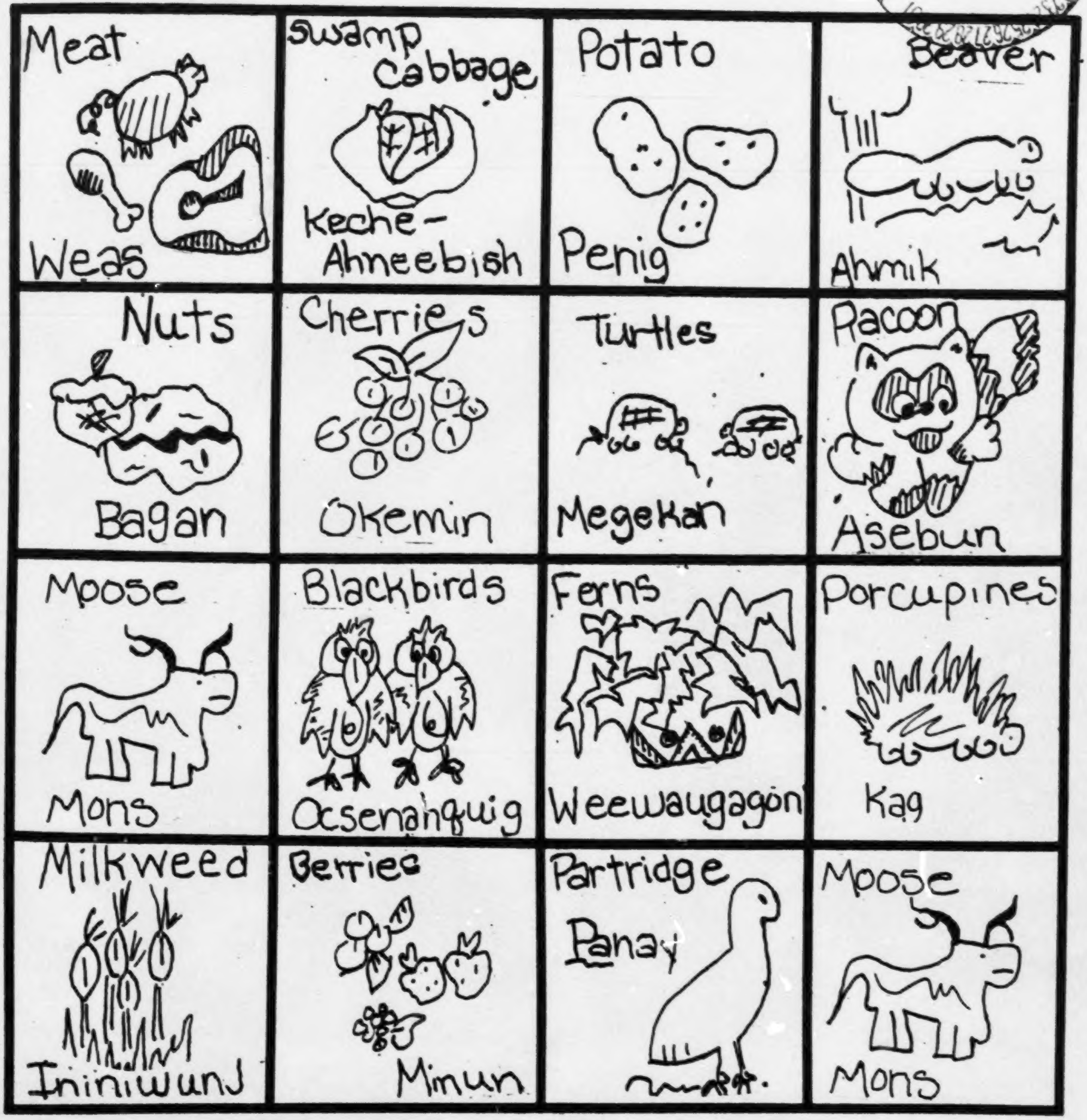
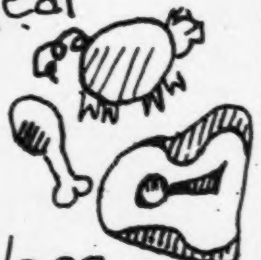
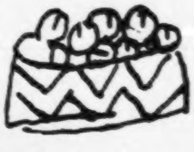
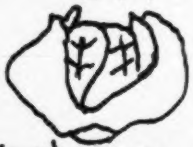
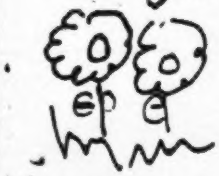
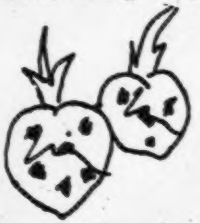
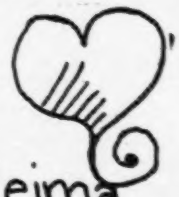
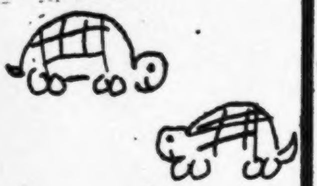
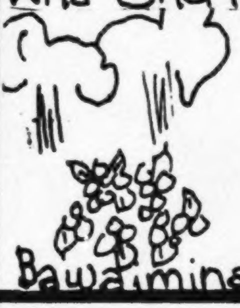
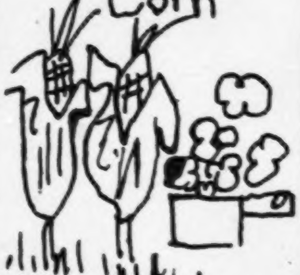
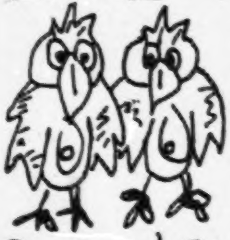
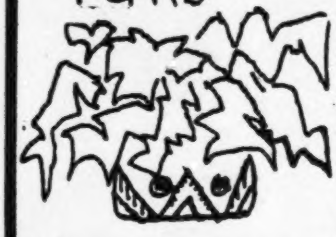
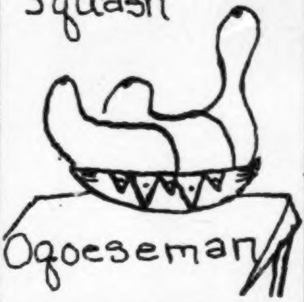
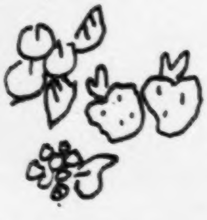
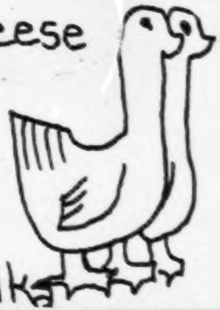
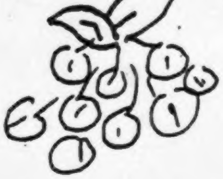
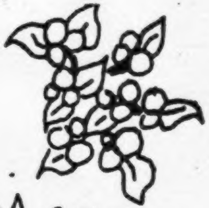


Meat Weas	Swamp Cabbage Keche-Ahneebish	Potato Penig	Beaver Ahmik
Nuts Bagan	Cherries Okemin	Turtles Megekan	Racoon Asebun
Moose Mons	Blackbirds Ocsenahquig	Ferns Weewaugagon	Porcupines Kag
Milkweed Ininiwunj	Berries Minun	Partridge Panay	Moose Mons

bingo·lingo

Meat  Weas	Cran berries  MashKigimin	swamp Cabbage  Keche-Ahneebish	Dandelion greens  Masquaconeg
Strawberries  Odeimin	Heart  Odeima	Turtles  Megekan	Wild Cherries  Bawaiminan
Corn  Mandamin	Blackbirds  Ocsenahquig	Ferns  Weewaugagon	Squash  Ogoeseman
Berries  Minun	Geese  Nika	Cherries  Okemin	Blueberries  Menon

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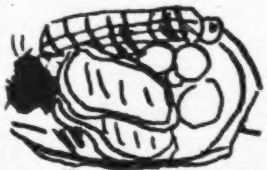
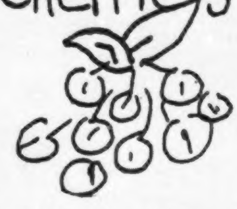
Milkweed Ininiwuni	Swamp Cabbage Keche-Ahneebish	Partridge Panay 	Pumpkins Ogwissiman
Onions Kitchijigagamanj	Nuts Bagan	Maple Sugar Sisibakwat	Liver  Oquin
Wild Rice Manomin	Raspberries misquemin	Cherries  Okemin	Mushrooms. Pikwadjish
Cranberries Mashkigimin	Grapes Jomin	Fowl Pakaakwe	Blueberries Menon

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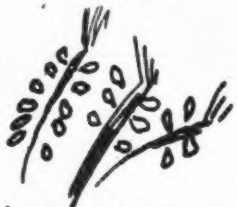
Roots Ocheebik	 Carrots Osawakadakons	Wild Rice  Manomin	Honey Amo- sisibakwat
Nuts Bagan	Bear Makwa	Duck Shesheeb	Grapes Jomin
Deer Wawashkeshi	Beans Miskodissimin	Turkey Misissay	Potato Penig
Pumpkins Ogwissiman	Raspberries Misquemin	Juniper berry Okawanijimin	Strawberries Odeimin

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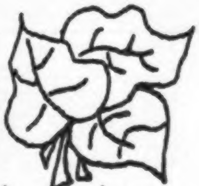
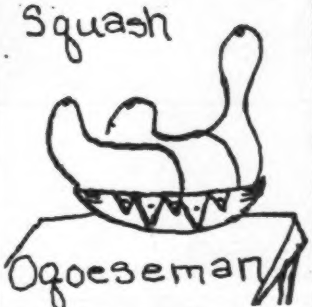
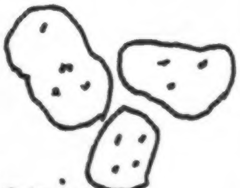
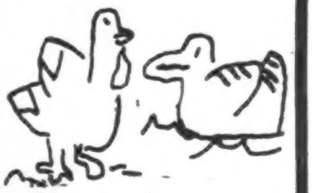
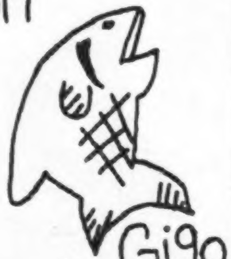
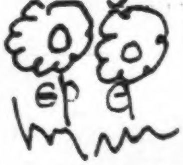
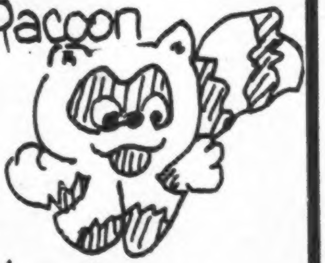
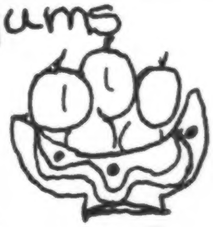
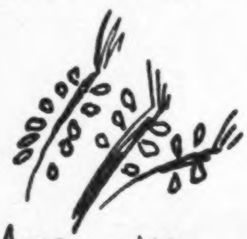
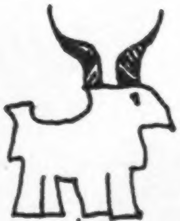
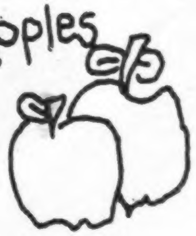
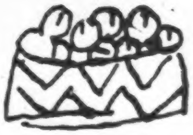
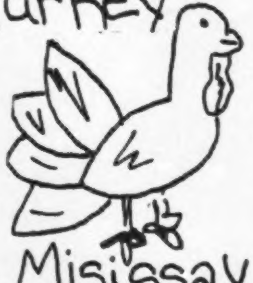
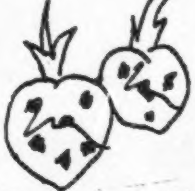
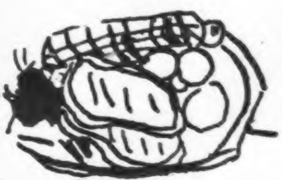
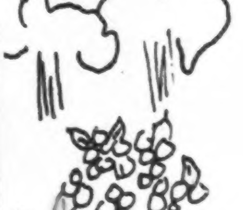
Greenleaves  Ojwashkwabaga	Squash  Oqoeseman	Potatoes  Penig	Fowl  Pakaakwe
Fish  Gigo	Dandelion greens  Masquaconeg	Racoon  Asebun	Plums  Pagessan
Wild Rice  Manomin	Deer  Wawashkeshi	Apples  Mishimin	Cranberries  Mashkigimin
Turkey  Misissay	Strawberries  Odeimin	Liver  Oquin	Wild Cherries  Bawaiminan

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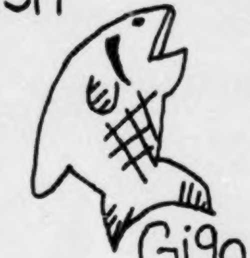
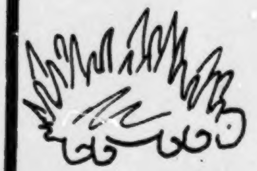
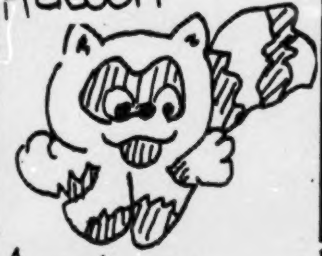
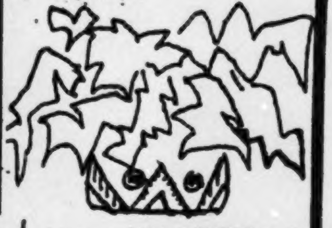
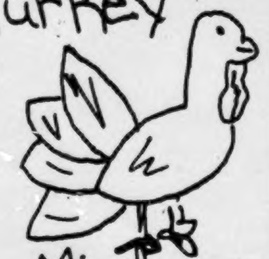
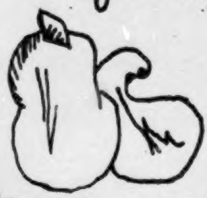
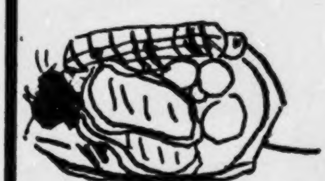
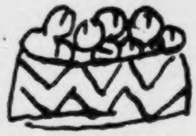
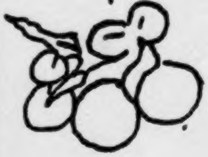
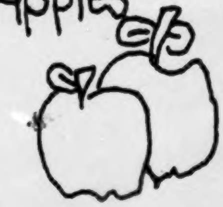
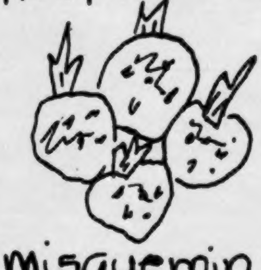
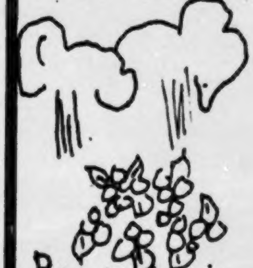
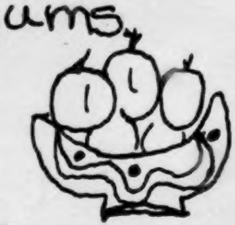
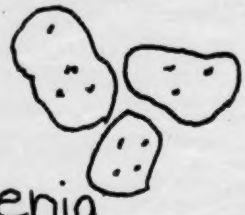
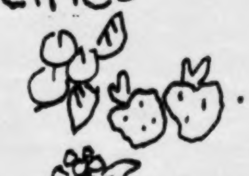
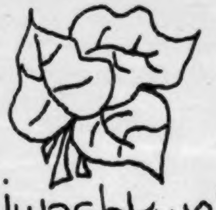
Fish  Gigo	Porcupines  Kag	Racoon  Asebun	Ferns  Weewaugagon
Turkey  Misissay	Squash  Ogocseman	Liver  Oquin	Cran berries  Mashkigimin
Juniper berry  Okawanijimin	Apples  Mishimin	Raspberries  Misquemin	Wild Cherries  Bawaiminar.
Plums.  Pagessan	Potato  Penig	Berries  Minun	Greenleaves  Ojwashkwabaga

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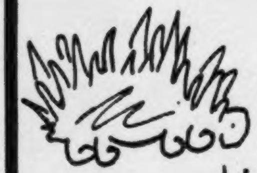
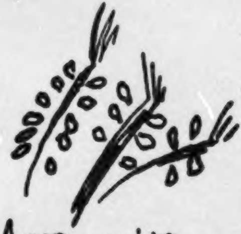
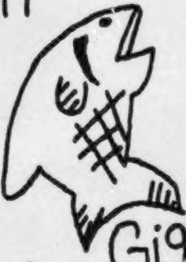
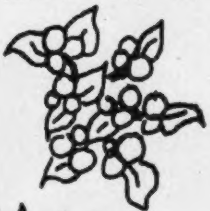
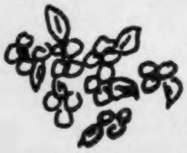
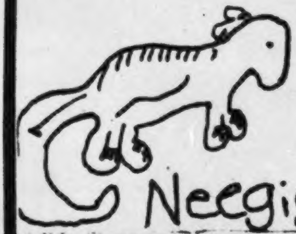
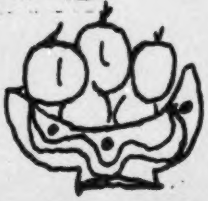
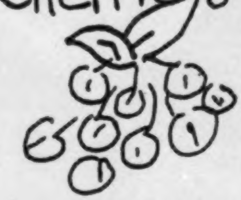
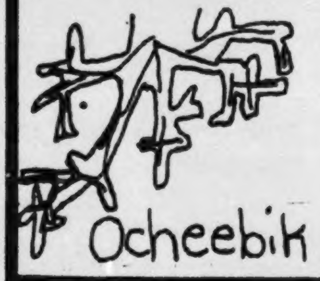
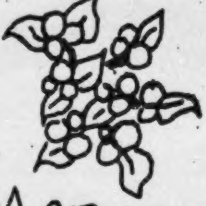
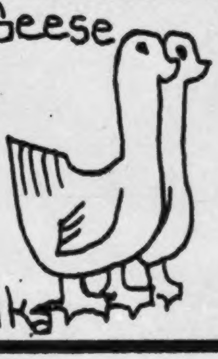
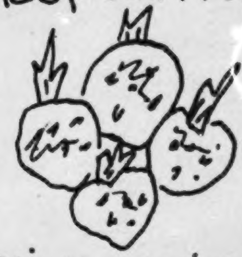
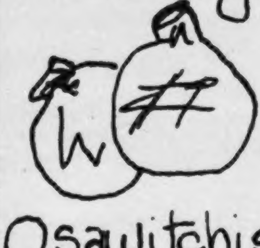
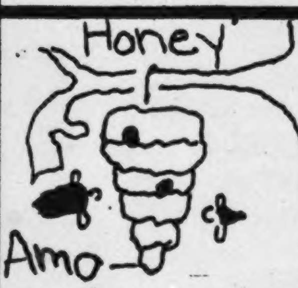
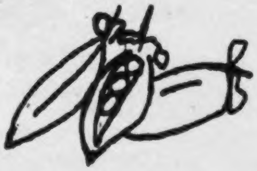
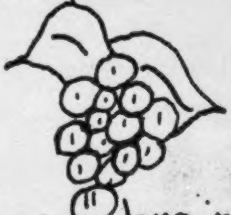
Porcupines  Kag	Wild Rice  Manomin	Fish  Gigo	Blueberries  Menon
Goose berries  Shaubominin	Otter  Neegig	Plums  Pagessan	Cherries  Okemin
Roots  Ocheebik	Blueberries  Menon	Geese  Nika	Raspberries  Misquemin
Rutabagas  Osawitchiss	Honey  Amo-sisibakwat	Beans  Miskodissimin	Grapes  Jomin

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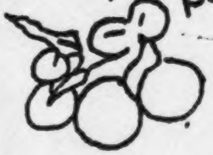
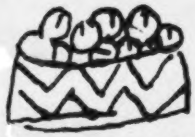
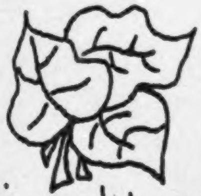
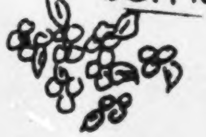
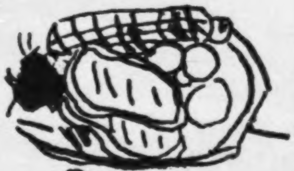
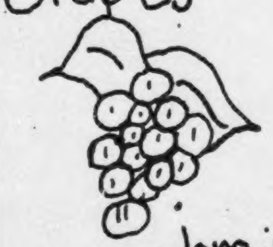
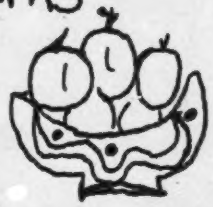
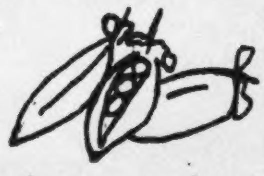
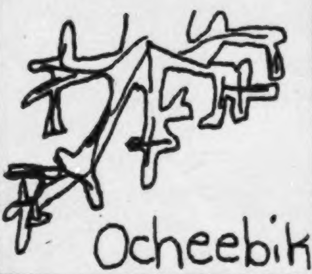
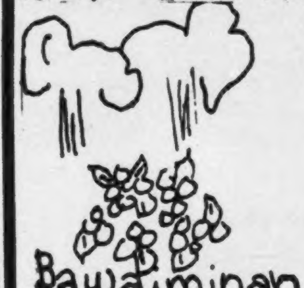
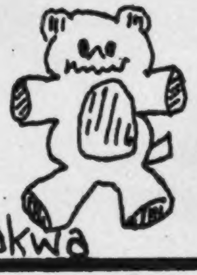
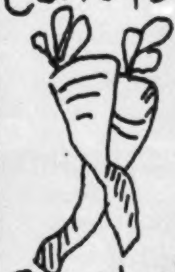
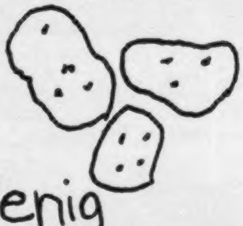
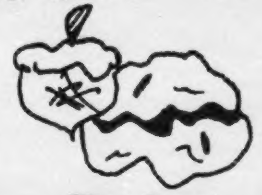
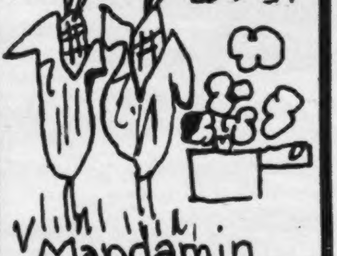
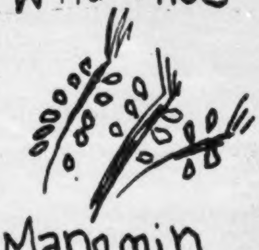
Juniper berry  Okawanijimin	Cran berries  Mashkigimin	Greenleaves  Ojwashkwabaga	Goose berries  Shaubominin
Liver  Oquin	Grapes  Jomin	Plums  Pagessan	Beans  Miskodissimin
Roots  Ocheebik	Wild Cherries  Bawaiminan	Bear  Makwa	Carrots  Osawakadakons
Potato  Penig	Nuts  Bagan	Corn  Mandamin	Wild Rice  Manomin

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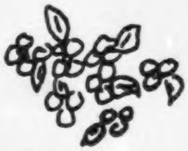
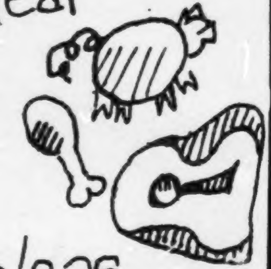
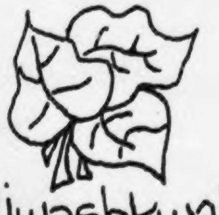
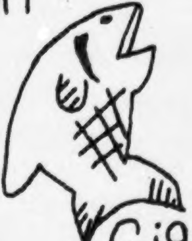
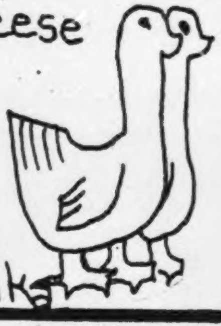
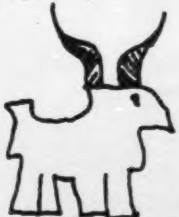
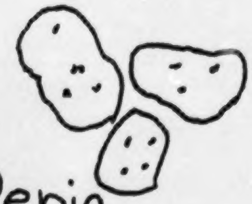
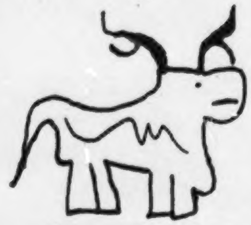
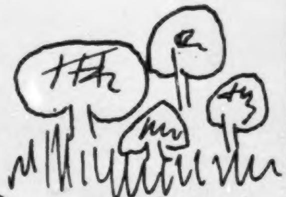
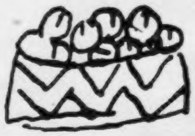
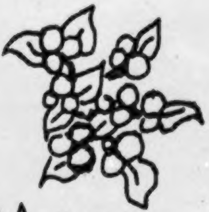
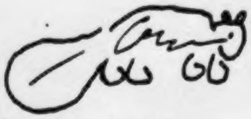
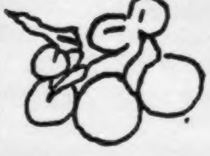
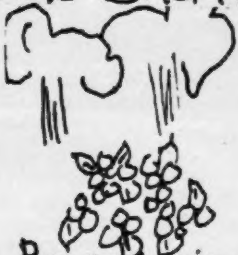
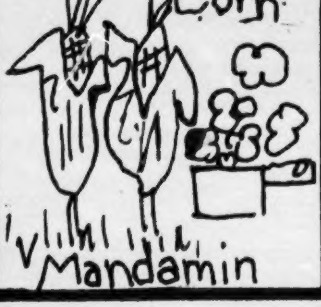
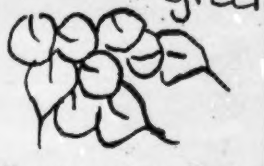
Goose berries  Shaubominin	Meat  Weas	Greenleaves  Ojwashkwabagai	Fish  Gigo
Geese  Nika	Deer  Wawashkeshi	Potato  Penig	Moose  Mons
Mushrooms  Pikwadjish	Cran berries  Mashkigimin	Blueberries  Menon	Beaver  Ahmik
Juniper berry  Okawanijimin	Wild Cherries  Bawaiminan	Corn  Mandamin	Red berries of winter green  Winissimin

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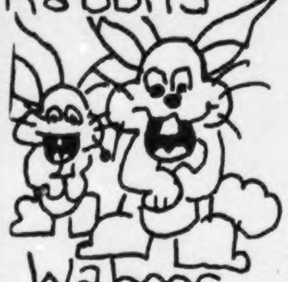
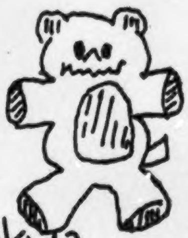
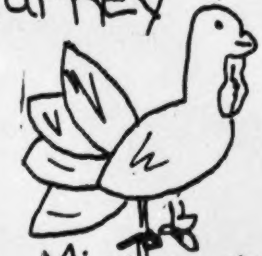
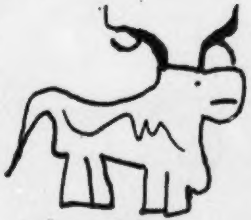
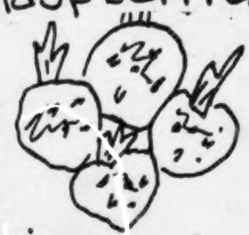
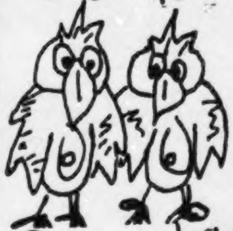
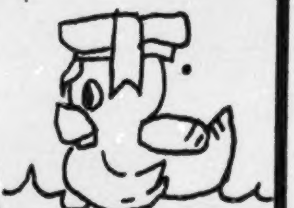
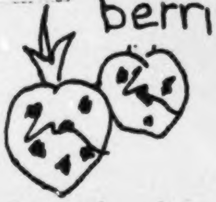
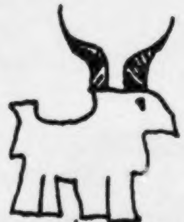
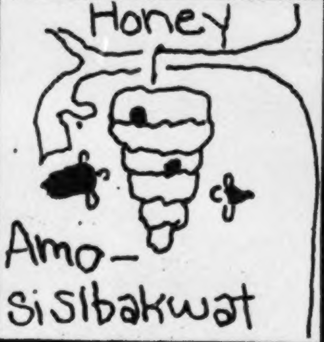
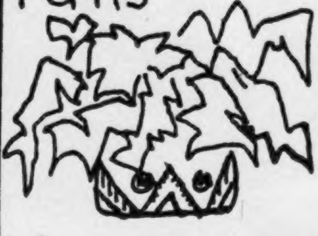
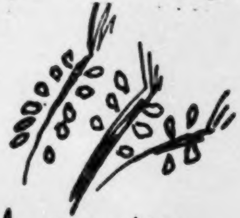
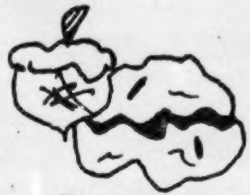
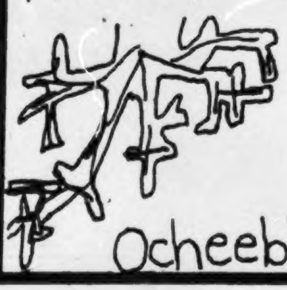
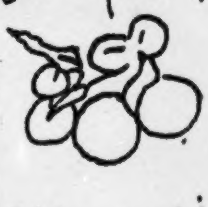
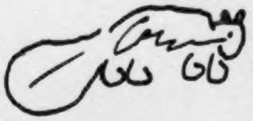
Rabbits  Waboos	Bear  Makwa	Turkey  Misissay	Moose  Mons
Raspberries  Misquemin	Blackbirds  Ocsenahquig	Duck  Shesheeb	Straw berries  Odeimin
Deer  Wawashkeshi	Honey  Amo-sisibakwat	Ferns  Weewaugagon	Wild Rice  Manomin
Nuts  Bagan	Roots  Ocheebik	Juniper berry  Okawanijimin	Beaver  Ahmik

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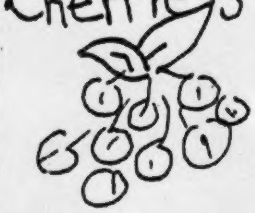
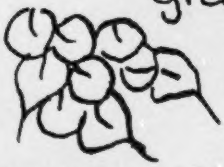
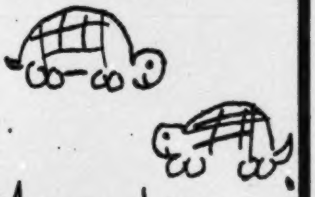
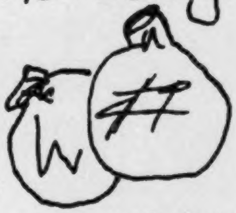
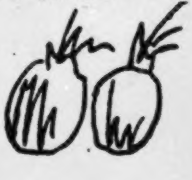
Blueberries Menon	Raspberries Misquemin	Cherries  Okemin	Apples Mishimin
Berries Minun	Red berries of winter green  Winissimin	Turtles  Megekan	Corn Mandamin
Beets Miskokodak	Mushrooms Pikwadjish	Rutabagas  Osawitchiss	Onions  Kitchijigagamanj
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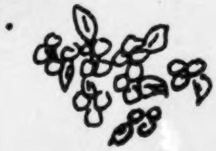
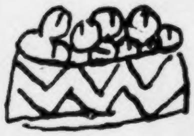
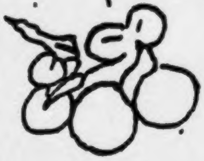
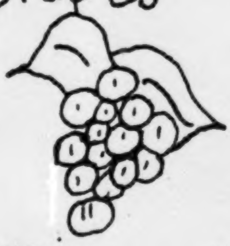
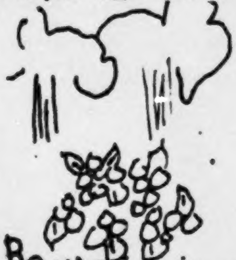
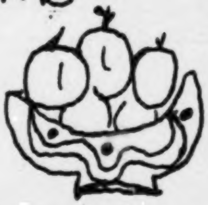
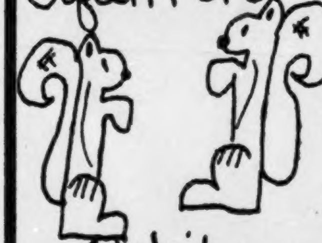
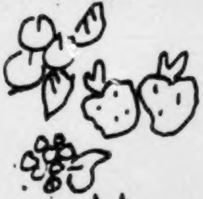
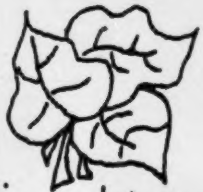
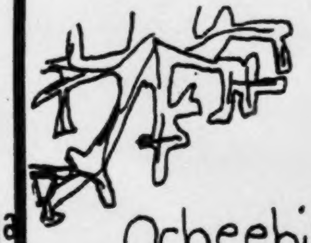
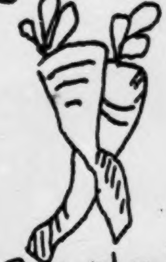
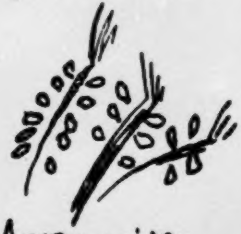
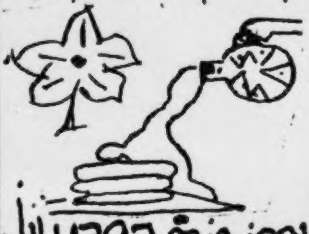
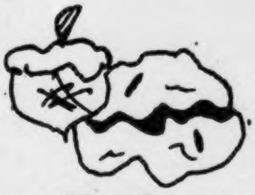
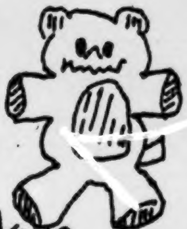
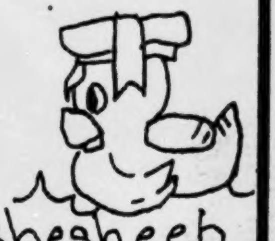
Goose berries  Shaubominin	Cran berries  Mashkigimin	Juniper berry  Okawanijimin	Grapes  Jomin
Wild Cherries  Bawaiminan.	Plums  Pagessan	Squirrels  Atchitamo	Berries  Minun
Greenleaves  Ojwashkwabaga	Roots  Ocheebik	Carrots  Osawakadakons	Wild Rice  Manomin
Maple Syrup  Jiwagamisigan	Nuts  Bagan	Bear  Makwa	Duck  Shesheeb

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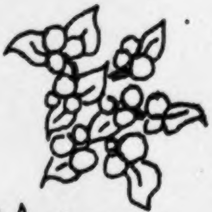
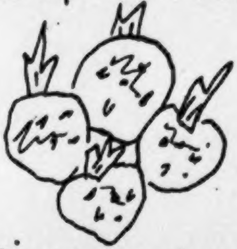
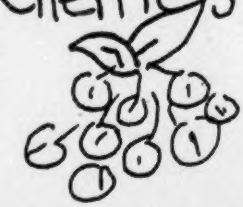
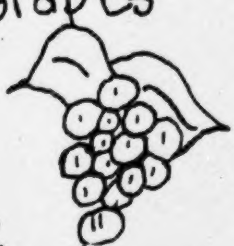
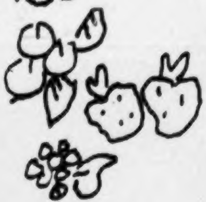
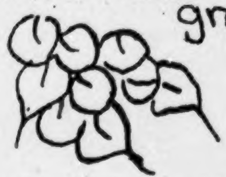
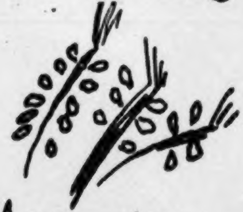
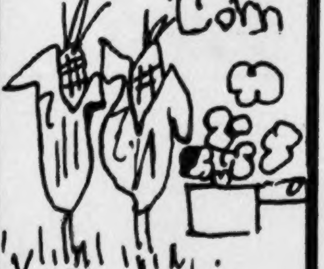
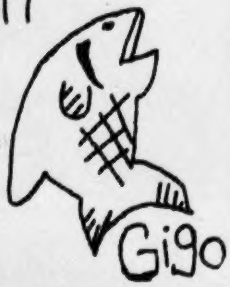
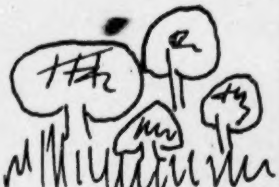
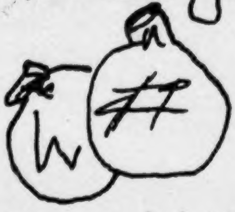
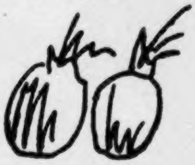
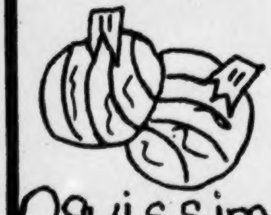
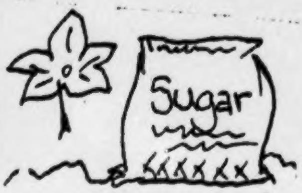
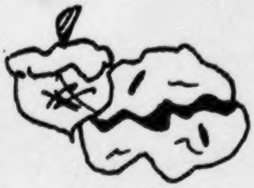
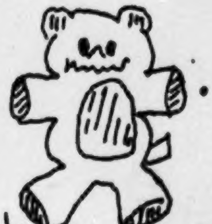
Blueberries  Menon	Raspberries  Misquemin	Cherries  Okemin	Grapes  Jomin
Berries  Minun	Red berries of winter green  Winissimin	Wild Rice  Manomin	Corn  Mandamin
Fish  Gigo	Mushrooms  Pikwadjish	Rutabagas  Osawitchiss	Onions  Kitchijigagamanj
Pumpkins  Ogwissiman	Maple Sugar  Sisibakwat	Nuts  Bagan	Bear  Makwa

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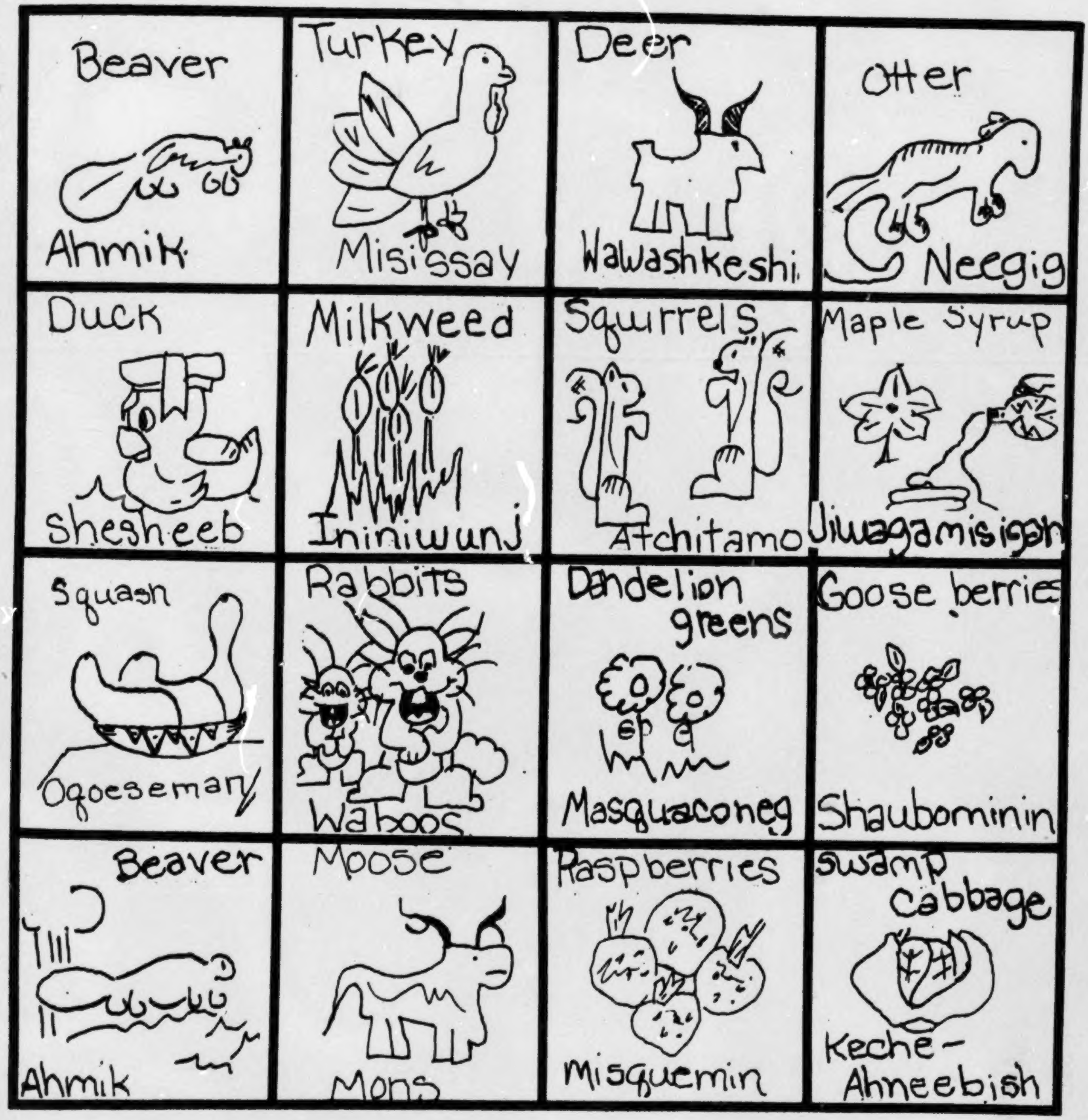

Beaver Ahmik	Turkey Misissay	Deer Wawashkeshi	Otter Neegig
Duck Shesheeb	Milkweed Ininiwunj	Squirrels Atchitamo	Maple Syrup Jiwagamisigan
Squash Ogoeseman	Rabbits Waboos	Dandelion greens Masquaconeg	Goose berries Shaubominin
Beaver Ahmik	Moose Mons	Raspberries Misquemin	swamp cabbage Keche-Ahneebish

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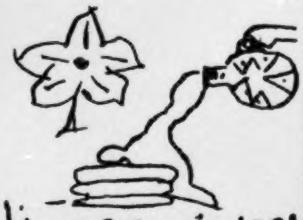
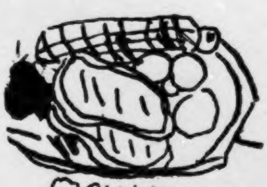
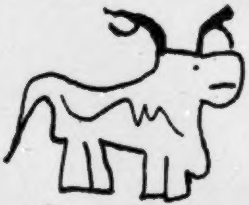
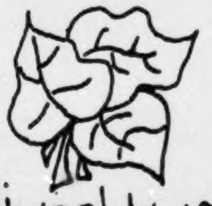
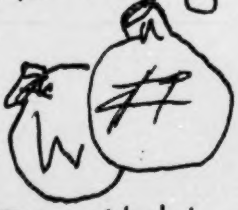
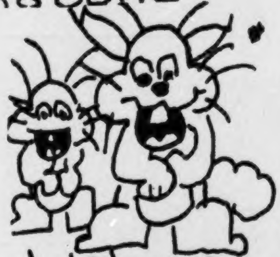
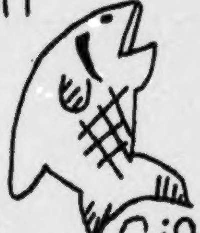
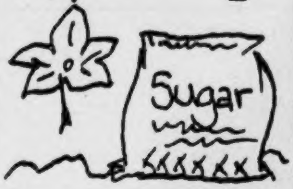
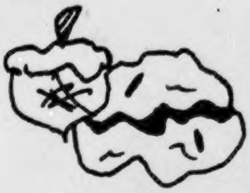
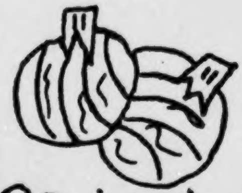
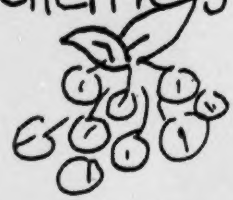
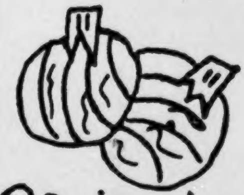
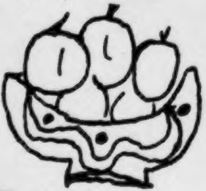
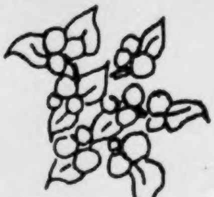
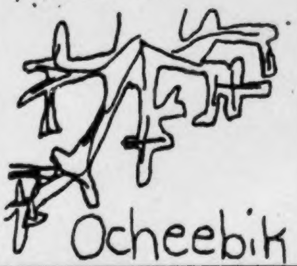
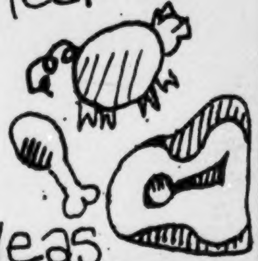
Māple Syrup  Jiwagamisigan	Liver  Oquin	Moose  Mons	Greenleaves  Ojiwashkwabaga
Rutabagas  Oswitchiss	Rabbits  Waboos	Fish  Gigo	Maple Sugar  Sisibakwat
Nuts  Bagan	Pumpkins  Ogwissiman	Cherries  Okemin	Pumpkins  Ogwissiman
Plums  Pagessan	Blueberries  Menon	Roots  Ocheebik	Meat  Weas

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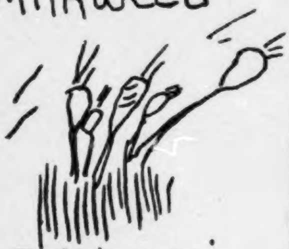
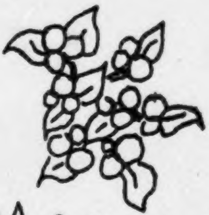
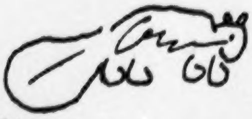
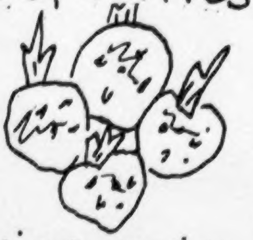
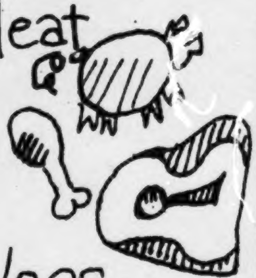
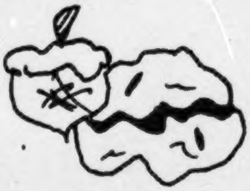
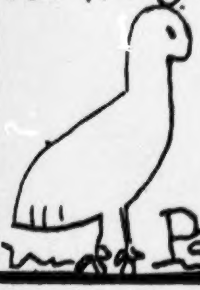
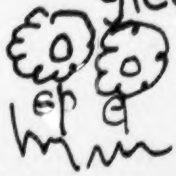
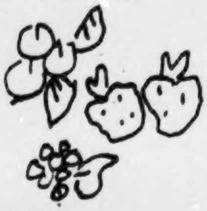
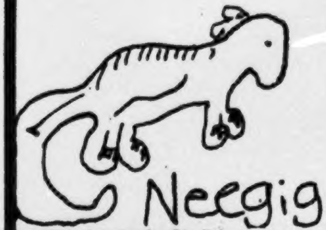
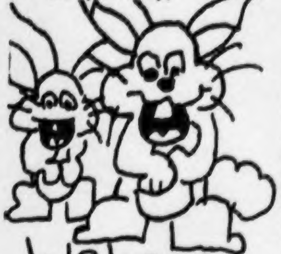
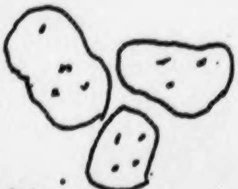
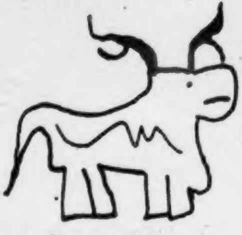
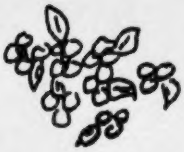
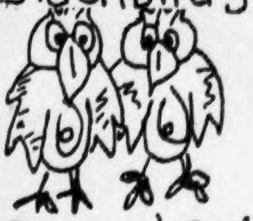
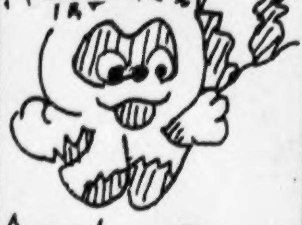
Milkweed  Ininiwunj	Blueberries  Menon	Beaver  Ahmik	Raspberries  Misquemin
Meat  Weas	Nuts  Bagan	Partridge  Panay	Dandelion greens  Masquaconeg
Berries  Minun	Otter  Neegig	Rabbits  Waboos	Potato  Penig
Moose  Mons	Goose berries  Shaubominin	Blackbirds  Ocsenahquig	Racoon  Asebun

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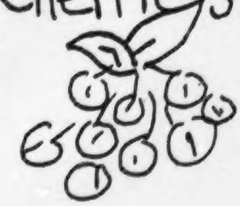
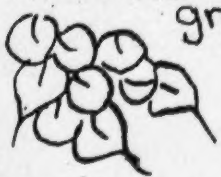
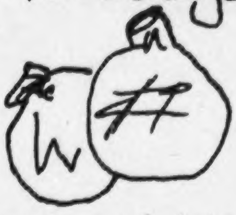
Blueberries Menon	Raspberries Misquemin	Cherries  Okemin	Grapes Jomin
Berries Minun	Red berries of winter green  Winissimin	Wild Rice Manomin	Corn Mandamin
Fish Gigo	Mushrooms Pikwadjish	Rutabagas  Osawitchiss	Onions Kitchijigagamanj
Pumpkins Ogwissiman	Maple Sugar Sisibakwat	Nuts Bagan	Bear Makwa

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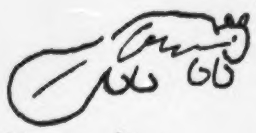
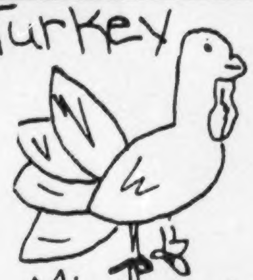
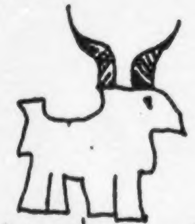
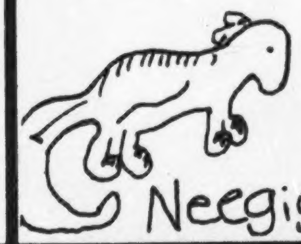
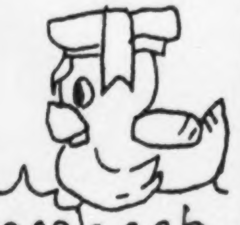
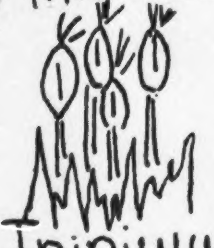
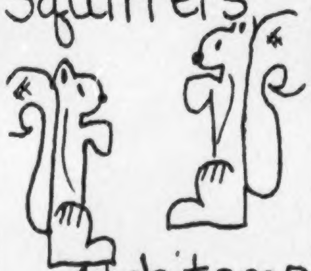
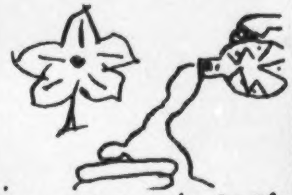
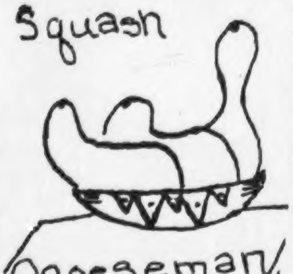
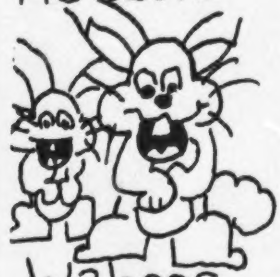
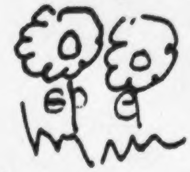
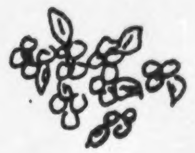
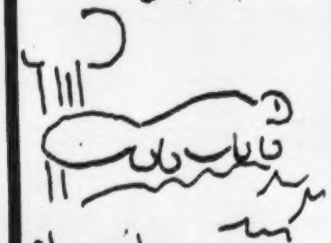
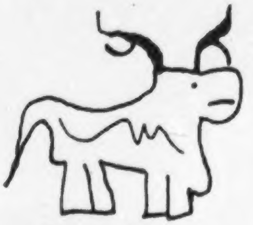
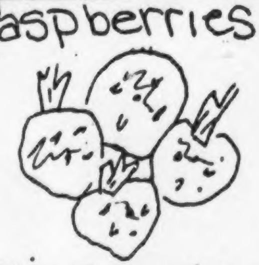
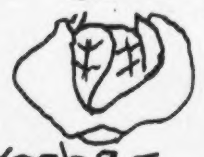
Beaver  Ahmik	Turkey  Misissay	Deer  Wawashkeshi	Otter  Neegig
Duck  Shesheeb	Milkweed  Ininiwunj	Squirrels  Atchitamo	Maple Syrup  Jiwagamisigan
Squash  Oqoeseman	Rabbits  Waboos	Dandelion greens  Masquaconeg	Goose berries  Shaubominin
Beaver  Ahmik	Moose  Mons	Raspberries  Misquemin	Swamp Cabbage  Keche-Ahneebish

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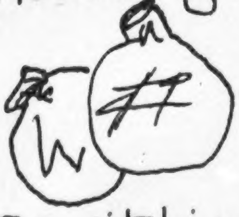
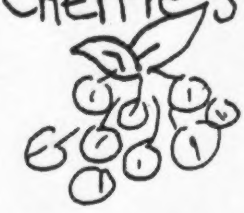
Māple Syrup Jiwagamisigan	Liver Oquin	Moose Mons	Greenleaves Ojwashkwabaga
Rutabagas  Oswitchiss	Rabbits Waboos	Fish Gigo	Maple Sugar Sisibakwat
Nuts Bagan	Pumpkins Ogwissiman	Cherries  Okemin	Pumpkins Ogwissiman
Plums Pagessan	Blueberries Menon	Roots Ocheebik	Meat Weas

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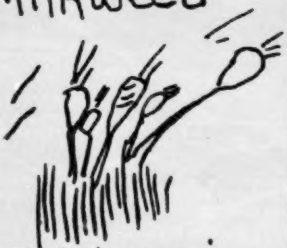
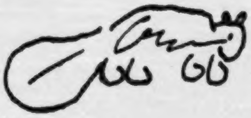
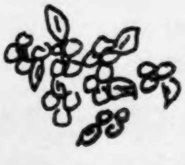
Milkweed  Ininiwuni	Blueberries Menon	Beaver  Ahmik	Raspberries Misquemin
Meat Weas	Nuts Bagan	Partridge Panay	Dandelion greens Masquaconeg
Berries Minun	Otter Neegig	Rabbits Waboos	Potato Penig
Moose Mons	Goose berries  Shaubominin	Blackbirds Ocsenahquig	Racoon Asebun

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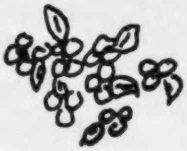
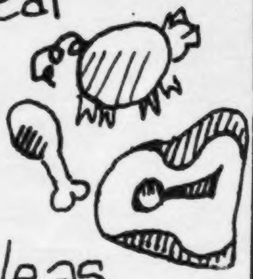
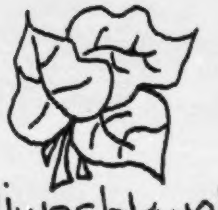
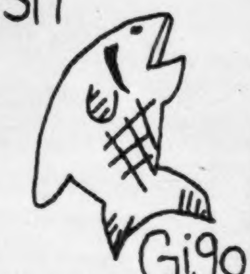
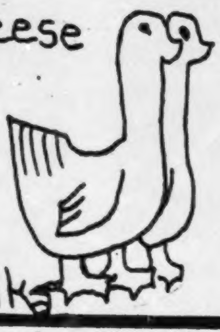
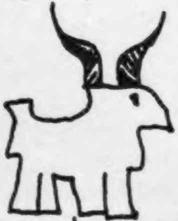
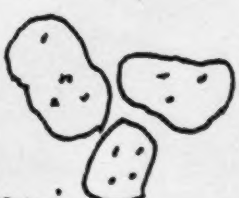
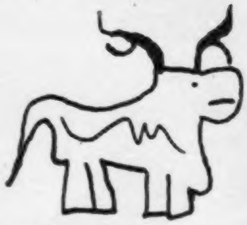
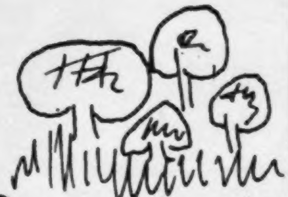
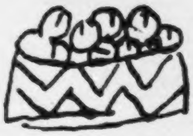
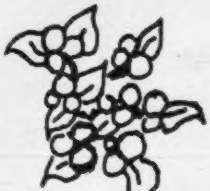
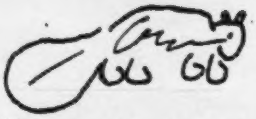
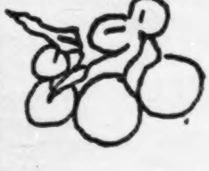
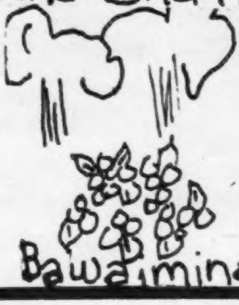
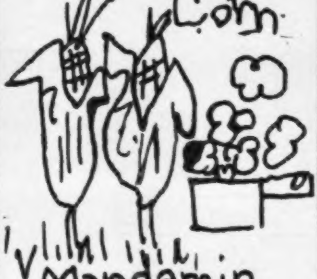
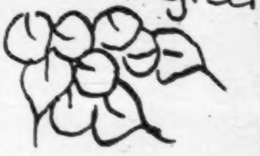
Goose berries  Shaubominin	Meat  Weas	Greenleaves  Ojwashkwabaga	Fish  Gigo
Geese  Nika	Deer  Wawashkeshi	Potato  Penig	Moose  Mons
Mushrooms  Pikwadjish	Cran berries  Mashkigimin	Blueberries  Menon	Beaver  Ahmik
Juniper berry  Okawanijimin	Wild Cherries  Bawaiminan	Corn  Mandamin	Red berries of winter green  Winissimin

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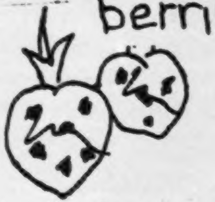
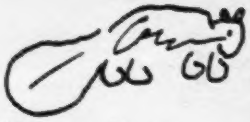
Rabbits Waboos	Bear Makwa	Turkey Misissay	Moose Mons
Raspberries misquemin	Blackbirds Ocsenahquig	Duck Shesheeb	Strawberries  Odeimin
Deer Wawashkeshi	Honey Amo-sisibakwat	Ferns Weewaugagon	Wild Rice Manomin
Nuts Bagan	Roots Ocheebik	Juniper berry Okawanijimin	Beaver  Ahmik

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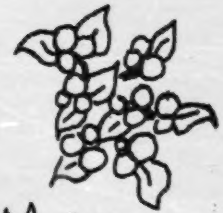
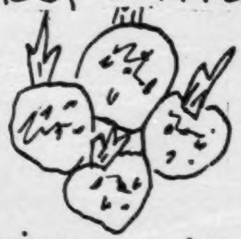
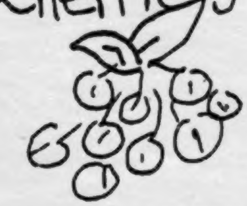
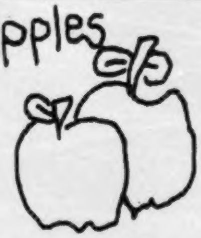
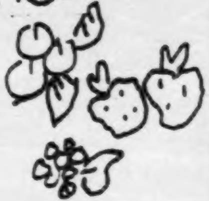
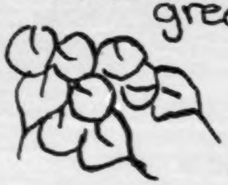
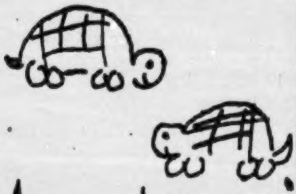
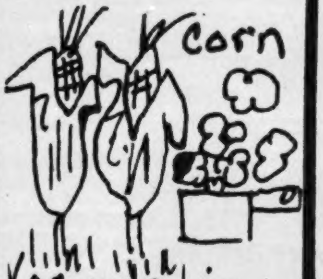
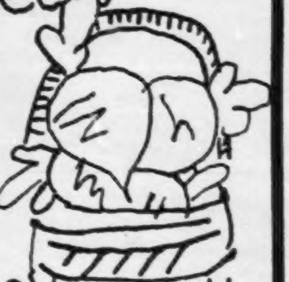
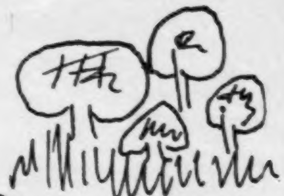
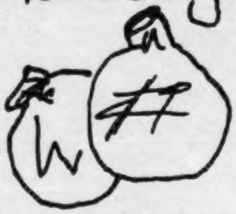
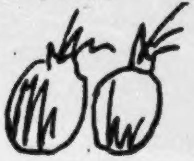
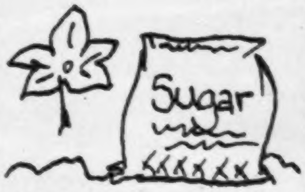
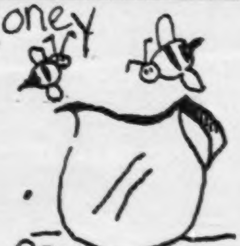
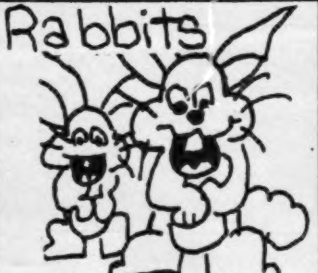
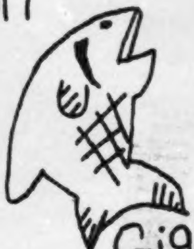
Blueberries  Menon	Raspberries  Misquemin	Cherries  Okemin	Apples  Mishimin
Berries  Minun	Red berries of winter green  Winissimin	Turtles  Megekan	corn  Mandamin
Beets  Miskokodak	Mushrooms  Pikwadjish	Rutabagas  Osawitchiss	Onions  Kitchijigagamanj
Maple Sugar  Sisibakwat	Honey  amo-sisibakwat	Rabbits  Waboos	Fish  Gigo

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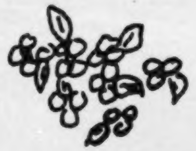
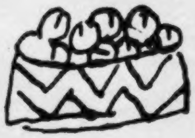
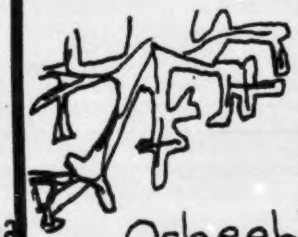
Goose berries  Shaubominin	Cran berries  Mashkigimin	Juniper berry Okawanijimin	Grapes Jomin
Wild Cherries Bawaiminan.	Plums Pagessan	Squirrels Atchitamo	Berries Minun
Greenleaves Ojiwashkwabaga	Roots  Ocheebik	Carrots Osawakadakons	Wild Rice Manomin
Maple Syrup Jiwagamisigan	Nuts Bagan	Bear Makwa	Duck Shesheeb

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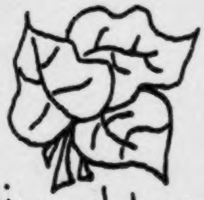
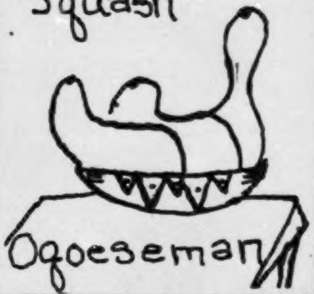
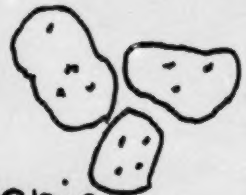
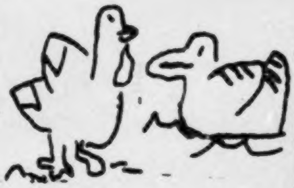
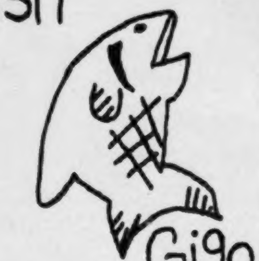
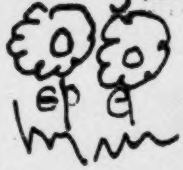
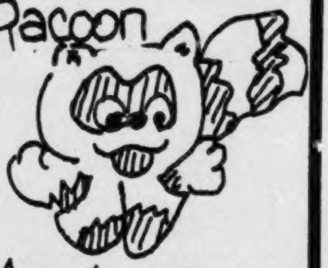
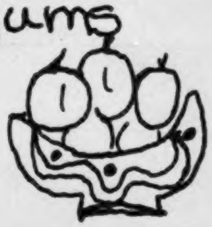
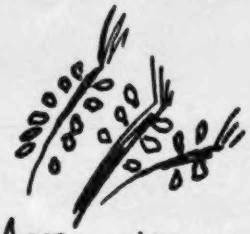
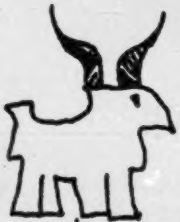
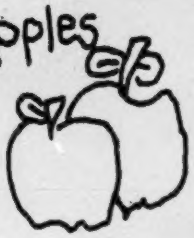
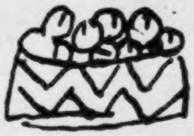
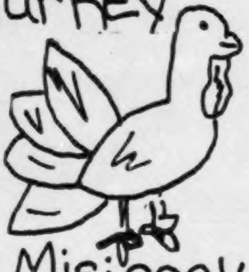
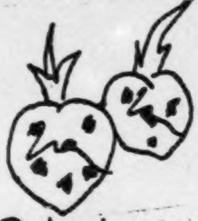
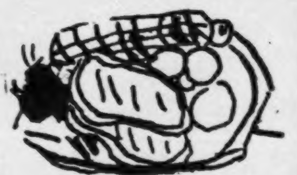
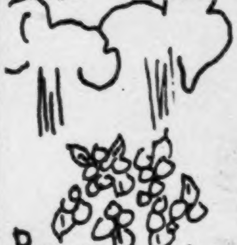
Greenleaves  Ojiwashkwabaga	Squash  Ogoeseman	Potatoes  Penig	Fowl  Pakaakwe
Fish  Gigo	Dandelion greens  Masquaconeg	Racoon  Asebun	Plums  Pagessan
Wild Rice  Manomin	Deer  Wawashkeshi	Apples  Mishimin	Cran berries  Mashkigimin
Turkey  Misissay	Strawberries  Odeimin	Liver  Oquin	Wild Cherries  Bawaiminah

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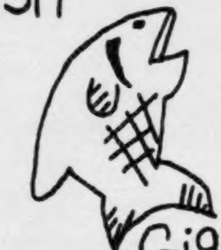
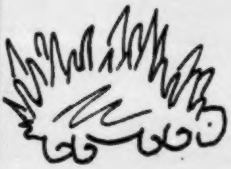
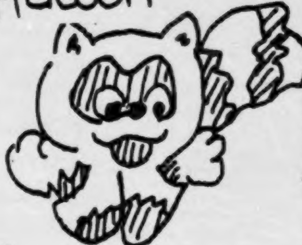
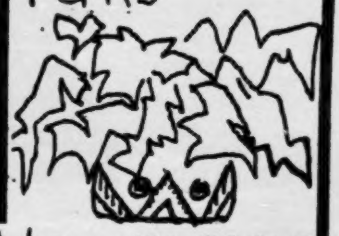
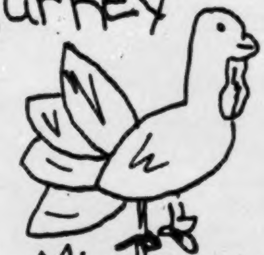
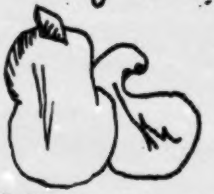
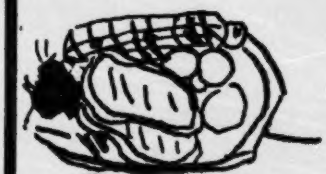
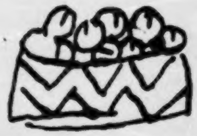
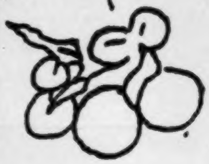
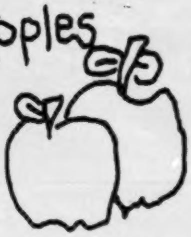
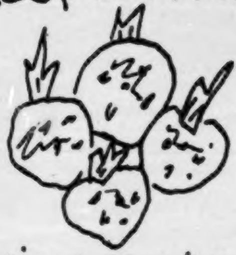
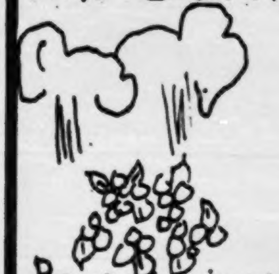
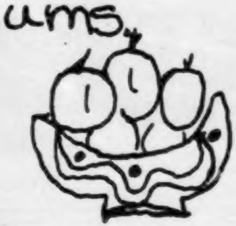
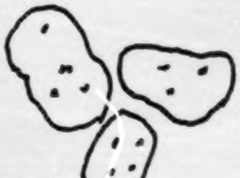
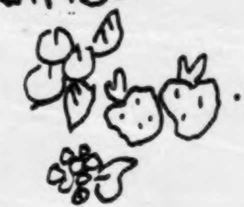
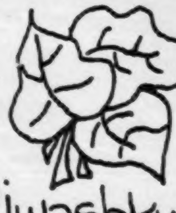
Fish  Gigo	Porcupines  Kag	Racoon  Asebun	Ferns  Weewaugagon
Turkey  Misissay	Squash  Ogocseman	Liver  Oquin	Cran berries  Mashkigimin
Juniper berry  Okawanijimin	Apples  Mishimin	Raspberries  misquemin	Wild Cherries  Bawaiminar.
Plums.  Pagessan	Potato  Penig	Berries  Minun	Greenleaves  Ojwashkwabaga

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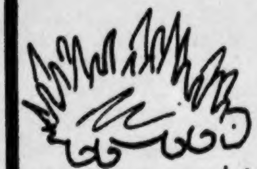
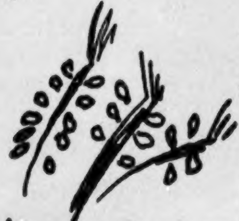
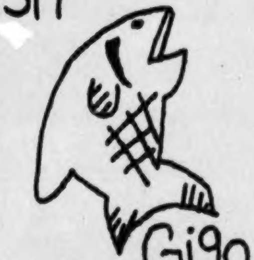
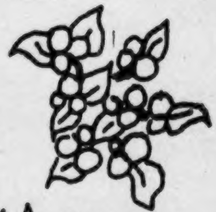
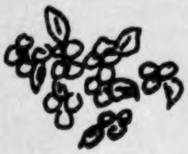
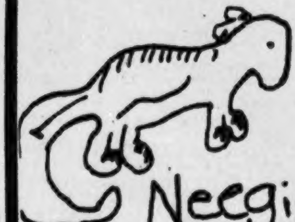
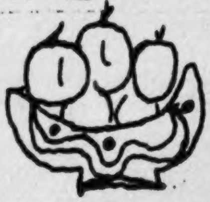
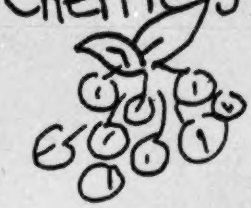
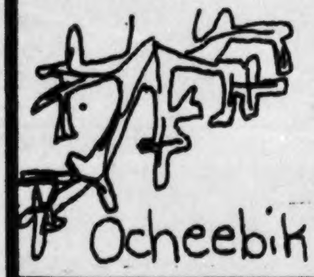
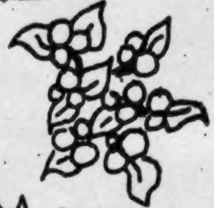
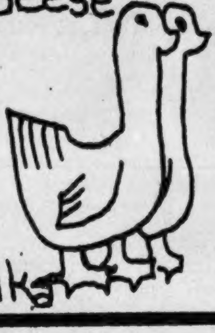
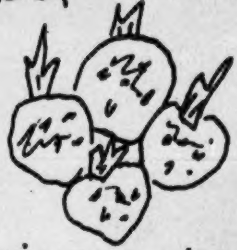
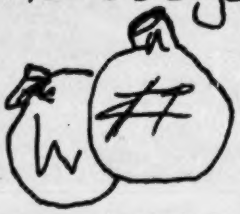
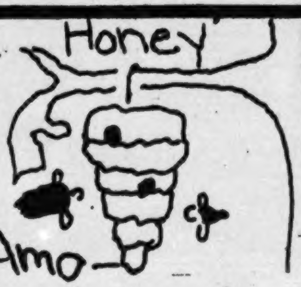
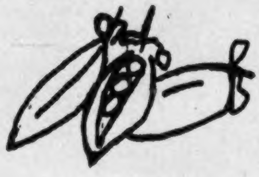
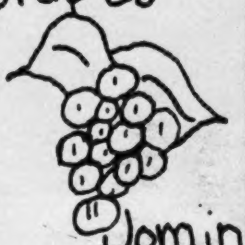
Porcupines  Kag	Wild Rice  Manomin	Fish  Gigo	Blueberries  Menon
Goose berries  Shaubominin	Otter  Neegig	Plums  Pagessan	Cherries  Okemin
Roots  Ocheebik	Blueberries  Menon	Geese  Nika	Raspberries  Misquemin
Rutabagas  Osawitchiss	Honey  Amo-sisibakwat	Beans  Miskodissimin	Grapes  Jomin

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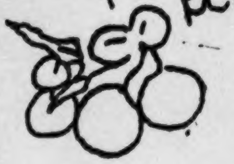
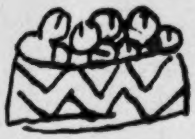
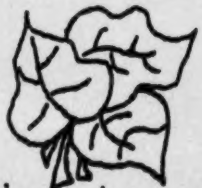
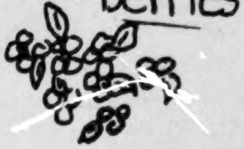
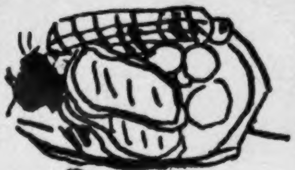
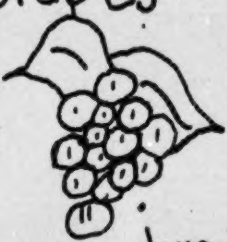
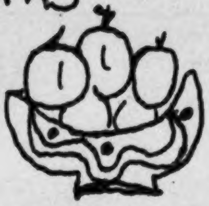
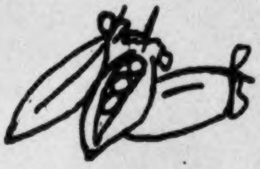
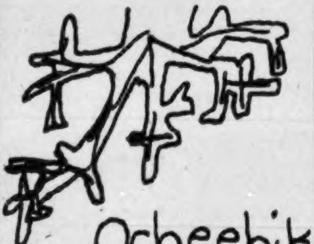
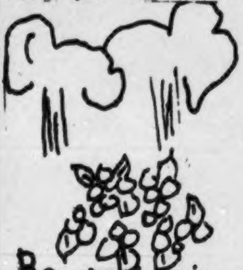
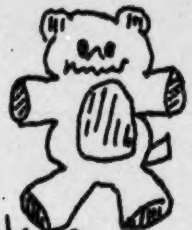
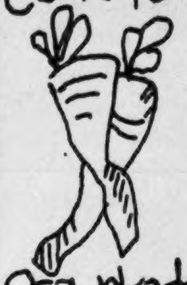
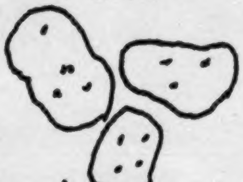
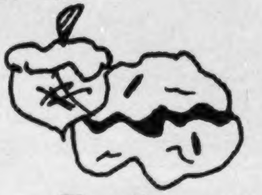
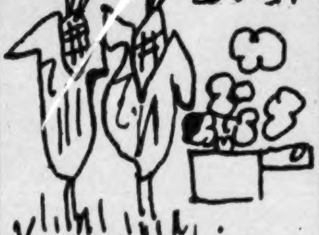
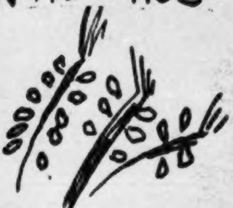
Juniper berry  Okawanijimin	Cran berries  Mashkigimin	Greenleaves  Ojwashkwabaga	Goose berries  Shaubominin
Liver  Oquin	Grapes  Jomin	Plums  Pagessan	Beans  Miskodissimin
Roots  Ocheebik	Wild Cherries  Bawaiminan	Bear  Makwa	Carrots  Osawakadakons
Potato  Penig	Nuts  Bagan	Corn  Mandamin	Wild Rice  Manomin

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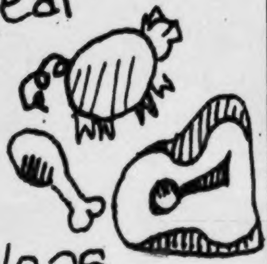
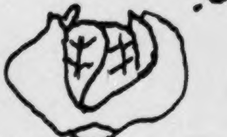
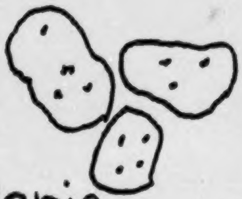
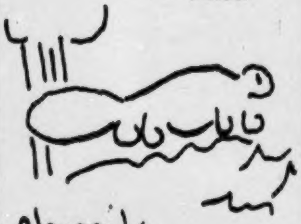
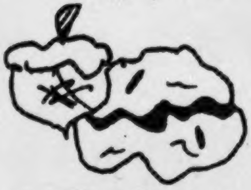
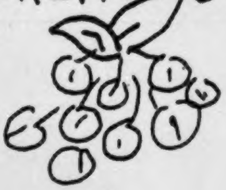
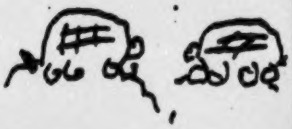
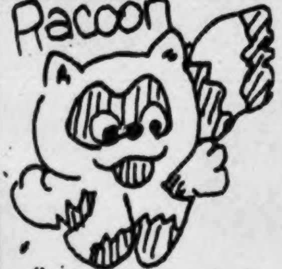
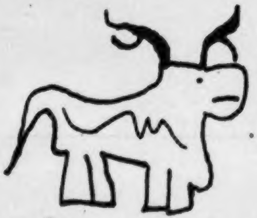
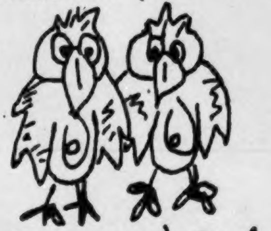
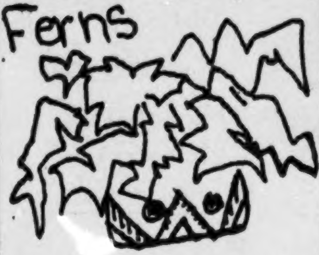
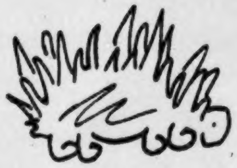
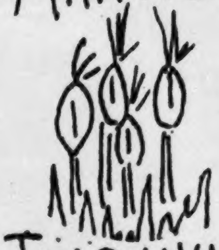
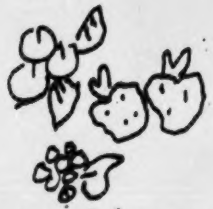
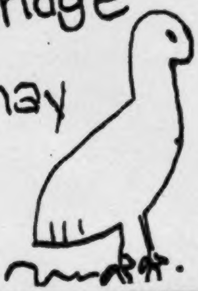
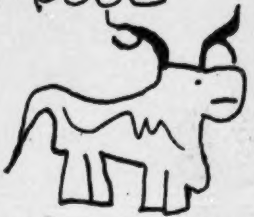
Meat  Weas	Swamp Cabbage  Keche-Ahneebish	Potato  Penig	Beaver  Ahmik
Nuts  Bagan	Cherries  Okemin	Turtles  Megekan	Racoon  Asebun
Moose  Mons	Blackbirds  Ocsenahquig	Ferns  Weewaugagon	Porcupines  Kag
Milkweed  Ininiwunj	Berries  Minun	Partridge Panay 	Moose  Mons

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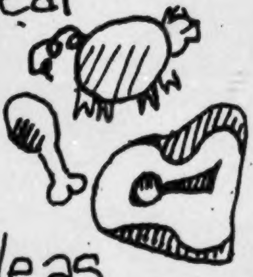
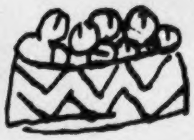
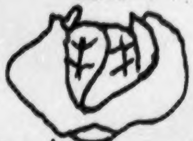
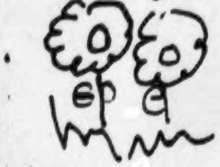
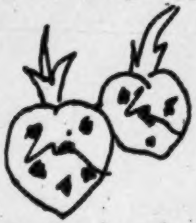
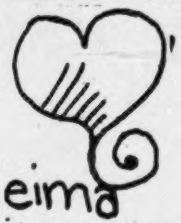
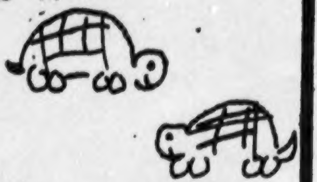
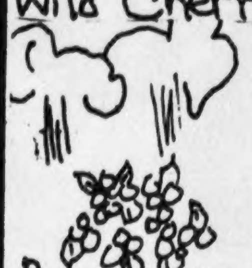
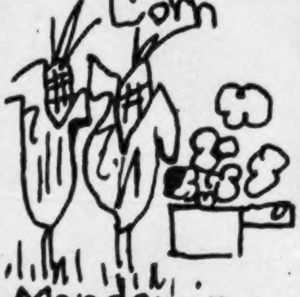
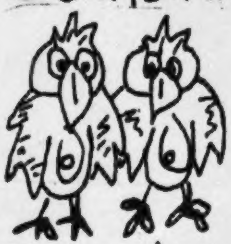
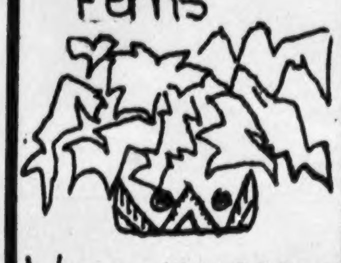
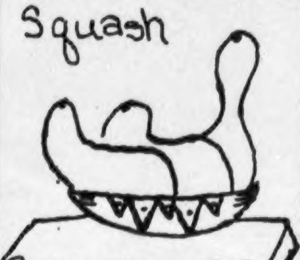
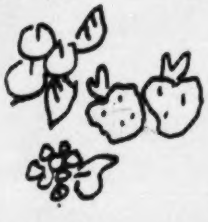
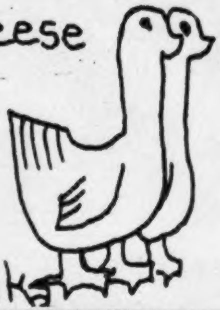
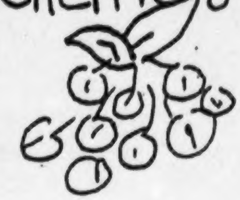
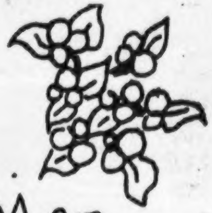
Meat  Weas	Cran berries  Mashkigimin	swamp cabbage  Keche-Ahneebish	Dandelion greens  Masquaconeg
Strawberries  Odeimin	Heart  Odeima	Turtles  Megekan	Wild Cherries  Bawaminan
Corn  Mandamin	Blackbirds  Ocsenahquig	Ferns  Weewaugagon	Squash  Ogoeseman
Berries  Minun	Geese  Nika	Cherries  Okemin	Blueberries  Menon

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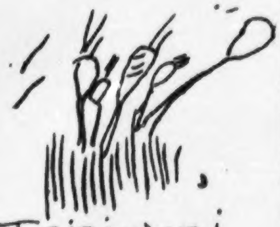
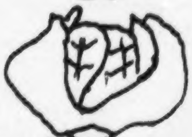
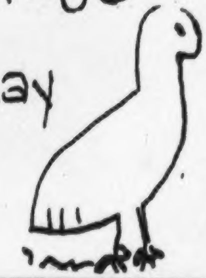
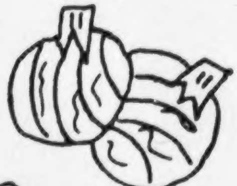
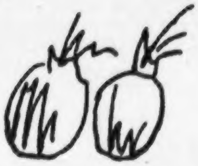
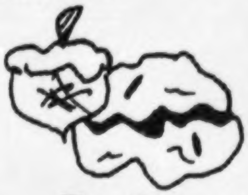
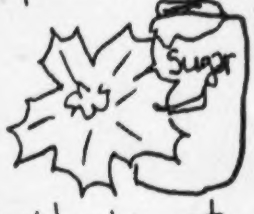
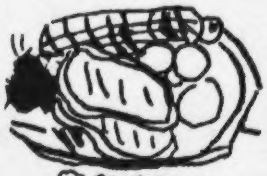
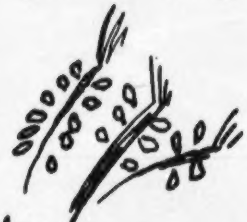
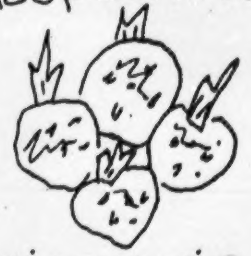
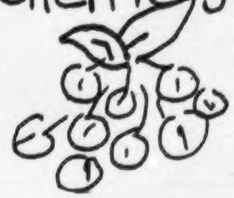
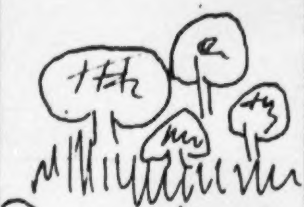
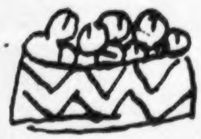
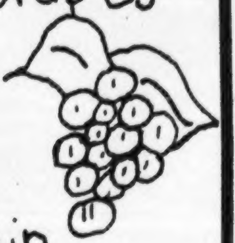
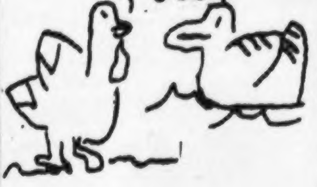
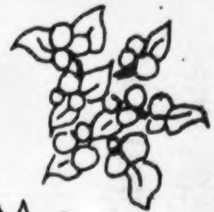
Milkweed  Ininiwuni	swamp Cabbage  Keche-Ahneebish	Partridge Panay 	Pumpkins  Ogwissiman
Onions  Kitchijigagamanj	Nuts  Bagan	Maple Sugar  Sisibakwat	Liver  Oquin
Wild Rice  Manomin	Raspberries  misquemin	Cherries  Okemin	Mushrooms.  Pikwadjish
Cran berries  Mashkigimin	Grapes  Jomin	Fowl  Pakaakwe	Blueberries  Menon

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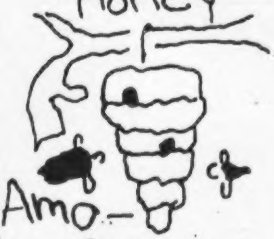
Roots Ocheebik	Carrots Osawakadakons	Wild Rice Manomin	Honey  Amo-Sisibakwat
Nuts Bagan	Bear Makwa	Duck Shesheeb	Grapes Jomin
Deer Wawashkeshi	Beans Miskodissimir	Turkey Misissay	Potato Penig
Pumpkins Ogwissiman	Raspberries Misquemin	Juniper berry Okawanijimin	Strawberries Odeimin

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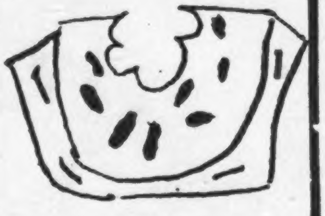
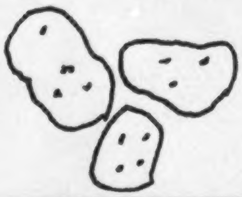
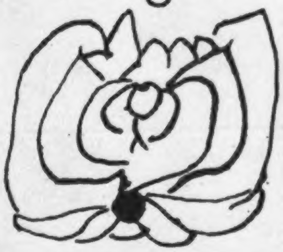
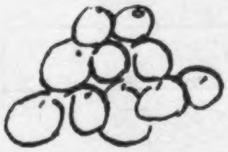
Grapefruits 	Water Melon 	Strawberries 	Sweet Potatoes
Spinach 	Potatoes 	Carrots 	Tomatoes
Oranges 	Cabbage 	Tangerines 	Butternut Squash
Apricots 	Lemons 	Hubbard Squash 	Cantalope

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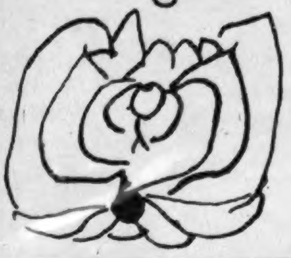
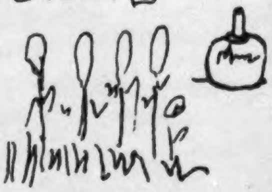
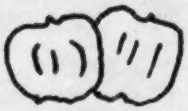
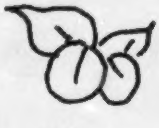
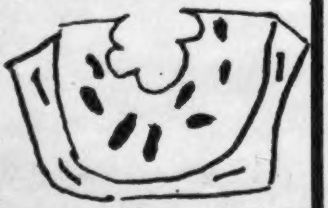
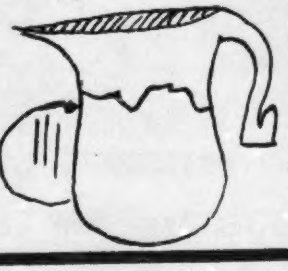
Grapefruits 	Oranges 	Sweet Potatoes 	Tomatoes
Cabbage 	Brocolli 	Turnip Greens 	Mustard Greens 
Green Peppers 	Lemons 	Cantalope 	Apricots 
Water Melon 	Orange Juice 	spinach 	swiss Chard

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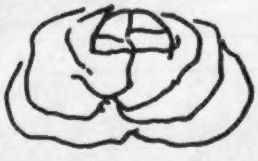
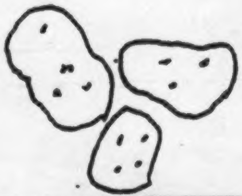
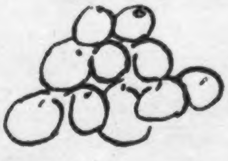
Turnip Greens 	Water Cress 	Brussel Sprouts 	Potatoes 
Hubbard Squash 	Grapefruit Juice 	Red Peppers 	spinach
Oranges 	Orange Juice 	Tangerines 	Green Peppers
Collards 	Strawberries 	Tomatoe Juice 	Pumpkins

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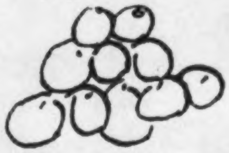
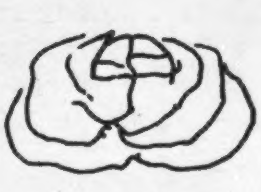
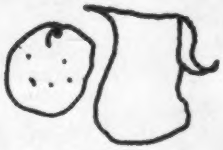
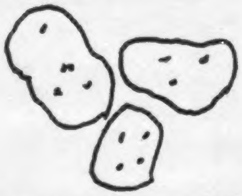
Turnip Greens 	Hubbard Squash 	Brussel Sprouts 	Red Peppers
Oranges 	Collards 	Tangerines 	Lemons
Water Cress 	Grapefruit Juice 	Potatoes 	spinach
Orange Juice 	Strawberries 	Tomatoe Juice 	Pumpkins

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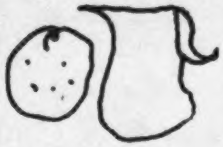
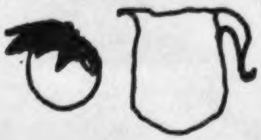
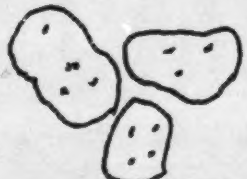
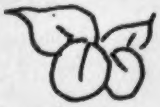
Grapefruit Juice 	Red Peppers 	Tomatoes 	Swiss Chard
Orange Juice 	Tangerines 	Tomatoe Juice 	Grapefruits
Strawberries 	Brocolli 	Grapefruit Juice 	Cabbage
Carrots 	Potatoes 	Apricots 	Hubbard Squash

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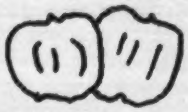
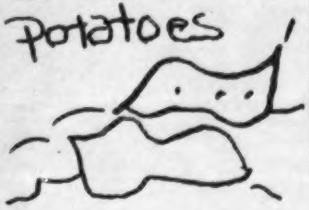
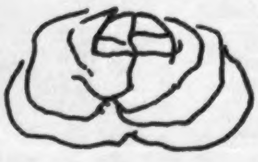
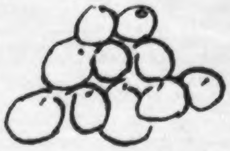
Carrots	Pumpkins	Turnip Greens	Green Peppers 
Sweet Potatoes 	Butternut Squash	Cabbage	Orange Juice
Collards	Water Cress 	Apricots	Tangerines 
Oranges	Strawberries	Lamons	Spinach

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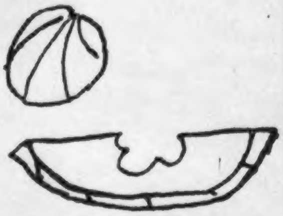
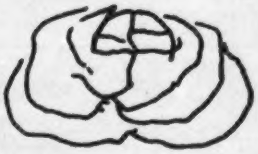
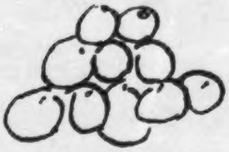
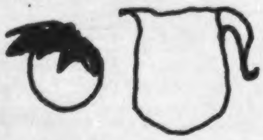
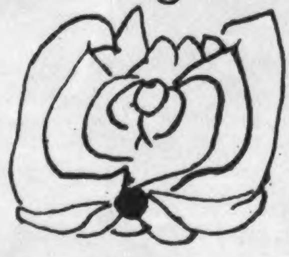
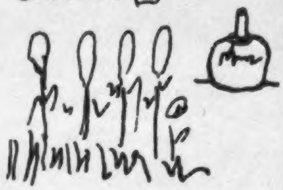
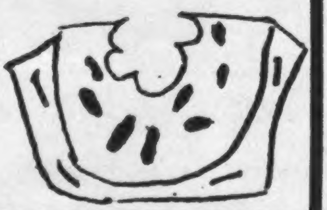
Carrots 	Grapefruit Juice 	Green Peppers 	Cantalope 
Pumpkins 	Water Cress 	Tangerines 	Apricots
Tomatoe Juice 	Oranges 	Cabbage 	Mustard Greens 
Butternut Squash 	Strawberries 	Water Melon 	Orange Juice

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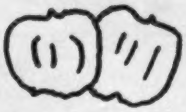
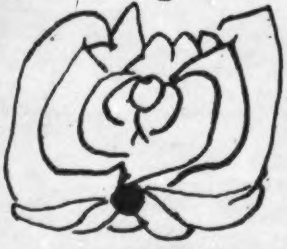
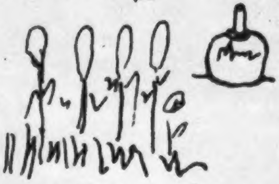
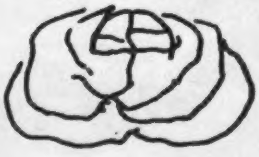
Grapefruit Juice 	Orange Juice 	Tomatoe Juice 	Red Peppers
Brussel Sprouts 	Green Peppers 	Turnip Greens 	Bracolli
Cabbage 	Collards 	Mustard Greens 	Carrots
Cantalope 	Water Cress 	Green Peppers 	Swiss Chard

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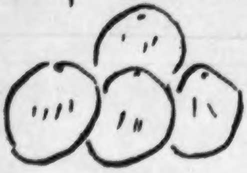
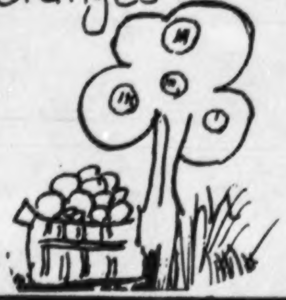
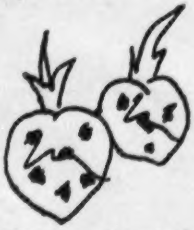
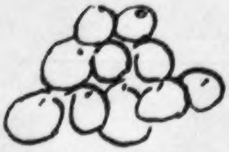
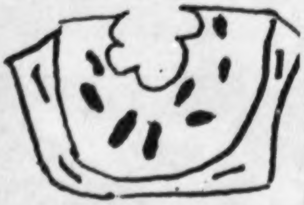
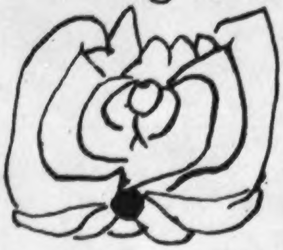
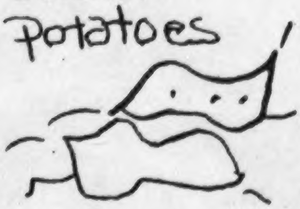
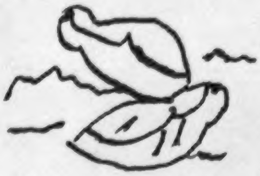
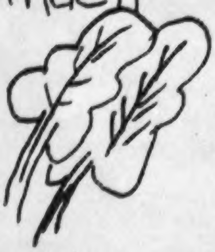
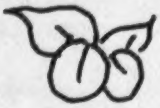
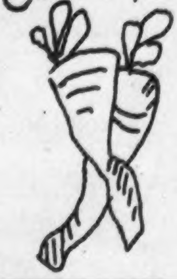
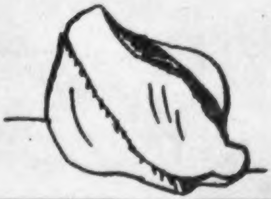
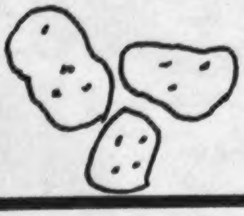
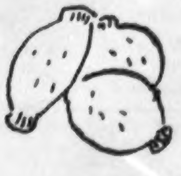
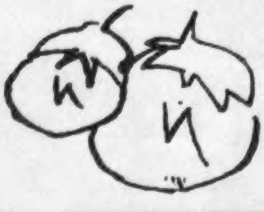
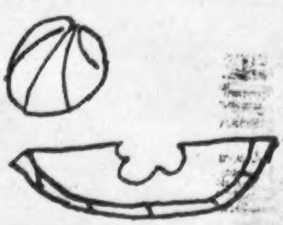
Grapefruits 	Oranges 	Strawberries 	Tangerines 
Water Melon 	Cabbage 	Sweet potatoes 	Butternut Squash 
Spinach 	Apricots 	Carrots 	Hubbard Squash 
Potatoes 	Lamons 	Tomatoes 	Cantalope 

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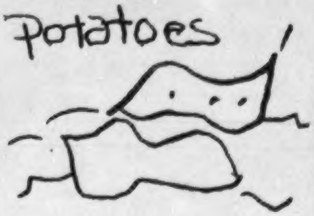
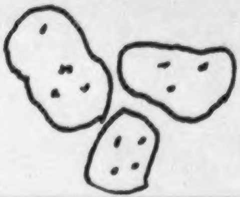
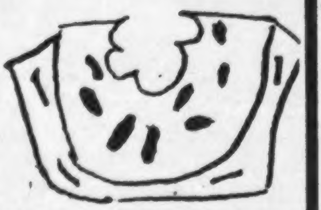
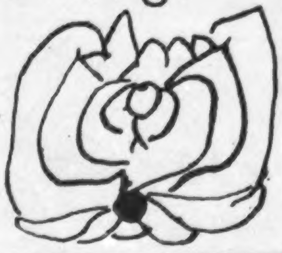
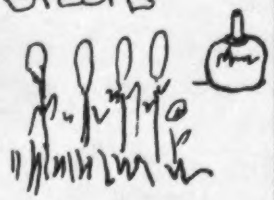
Grapefruits 	Green Peppers 	Sweet Potatoes 	Apricots
Oranges 	Lamons 	Tomatoes 	Potatoes 
Cantalope 	Water Melon 	Turnip Greens 	Swiss Chard
Brocolli 	Cabbage 	Mustard Greens 	spinach

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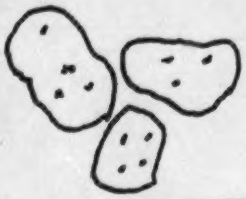
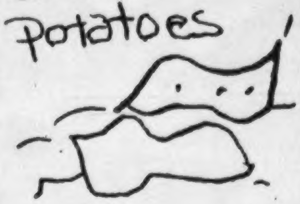
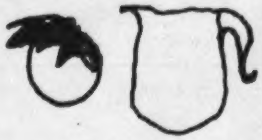
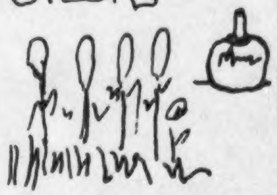
Potatoes 	spinach 	Cantalope 	Sweet Potatoes 
Tomatoes 	Butternut Squash 	Brussel Sprouts 	Tomatoe Juice 
Collards 	Apricots 	Lemons 	Mustard Greens 
Carrots 	Grapefruit Juice 	Strawberries 	Swiss Chard

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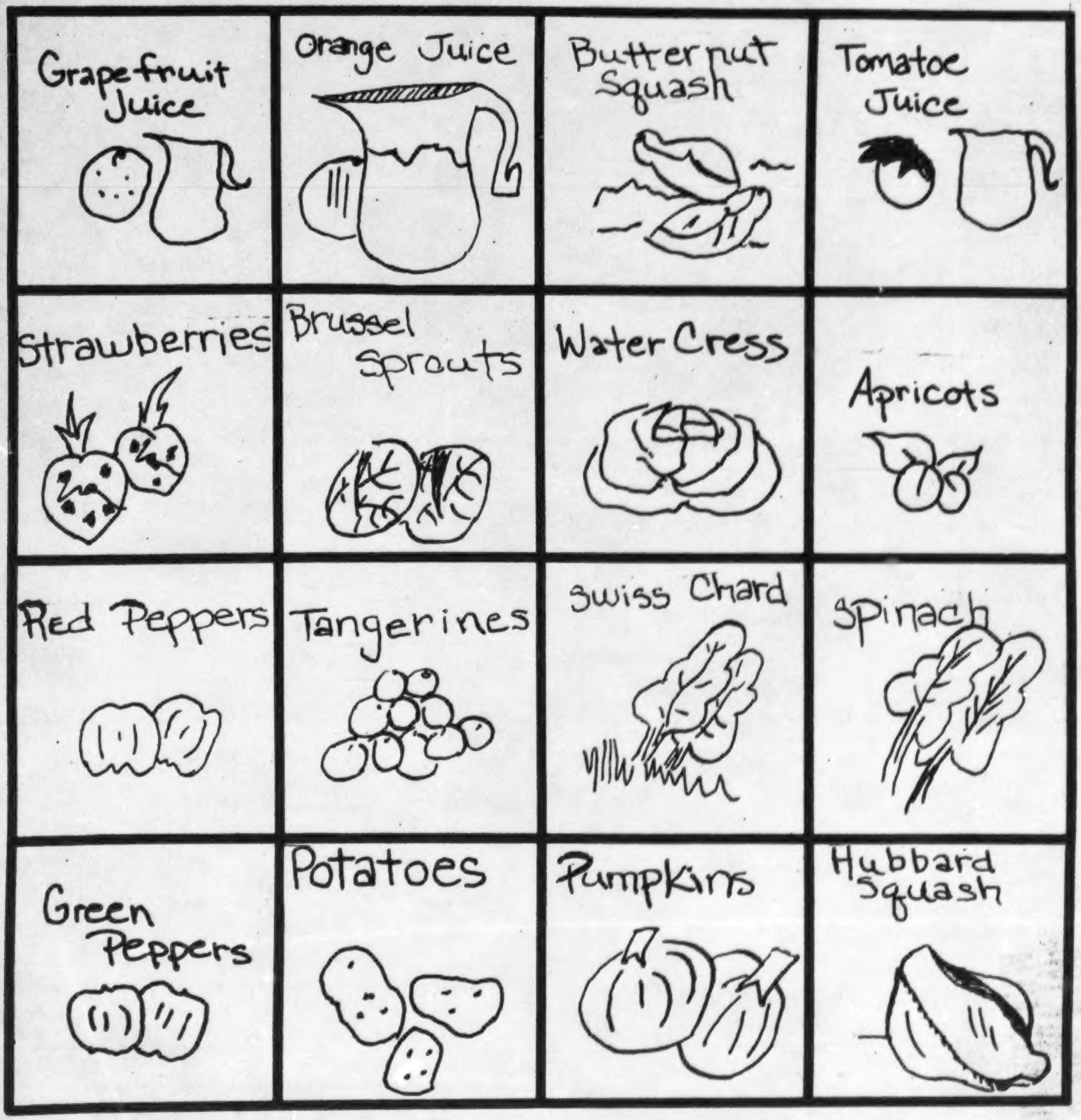
Grapefruit Juice
Orange Juice
Butternut Squash
Tomatoe Juice
Strawberries
Brussel Sprouts
Water Cress
Apricots
Red Peppers
Tangerines
Swiss Chard
Spinach
Green Peppers
Potatoes
Pumpkins
Hubbard Squash

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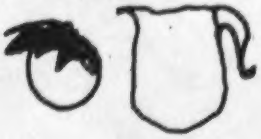
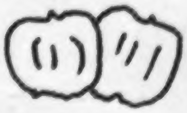
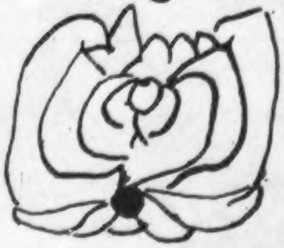
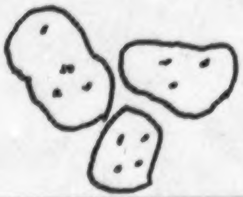
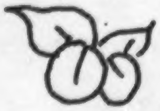
Grapefruit Juice 	Red Peppers 	Tomatoes 	Swiss Chard
Orange Juice 	Tangerines 	Tomatoe Juice 	Grapefruits
Strawberries 	Brocolli 	Green Peppers 	Cabbage 
Carrots 	Potatoes 	Apricots 	Hubbard Squash

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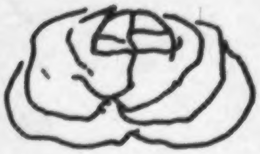
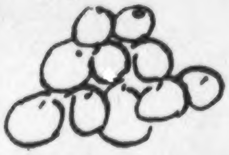
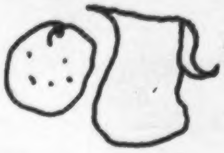
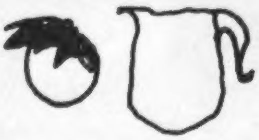
Sweet Potatoes	Hubbard Squash	Grapefruit Juice	Brussel Sprouts
Water Cress 	Brocolli	Turnip Greens	Tangerines 
Water Melon	Carrots	Apricots	Grapefruit Juice 
Tomatoes	Butternut Squash	Tomatoe Juice 	Collards

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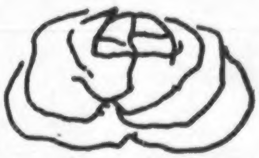
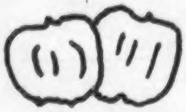
Collards 	Grapefruits 	Butternut Squash 	Water Cress 
Cantalope 	Green Peppers 	Brocolli 	Water Melon
Apricots 	spinach 	Tomatoes 	Carrots
Red Peppers 	Pumpkins 	Turnip Greens 	Sweet Potatoes

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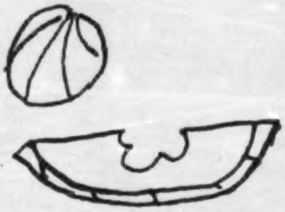
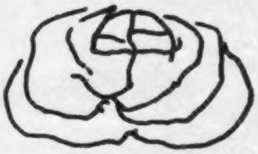
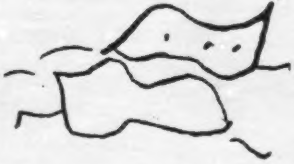
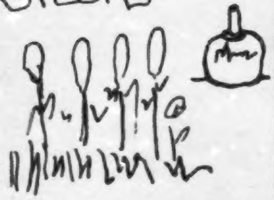
Apricots 	Cantalope 	Swiss Chard 	Sweet Potatoes
Brussel Sprouts 	Lemons 	Hubbard Squash 	Water Cress 
Carrots 	Sweet Potatoes 	Oranges 	Brocolli
Tomatoe Juice 	Mustard Greens 	Red Peppers 	Water Melon

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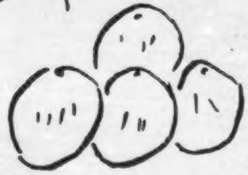
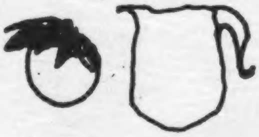
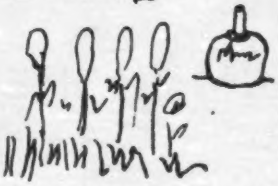
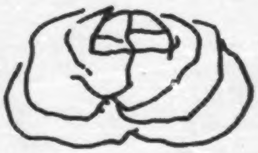
Apricots 	Pumpkins 	Swiss Chard 	Oranges
Cantaloupe 	Strawberries 	Grapefruits 	Brocolli
Brussel Sprouts 	Tomatoe Juice 	Hubbard Squash 	Red Peppers
Lemons 	Mustard Greens 	Water Cress 	Water Melon

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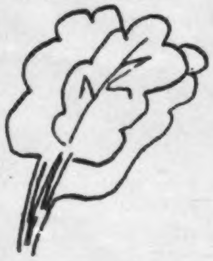
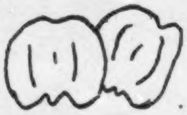
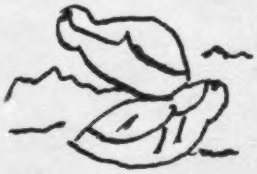
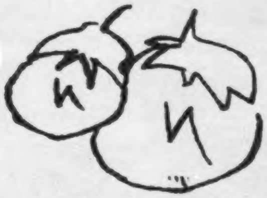
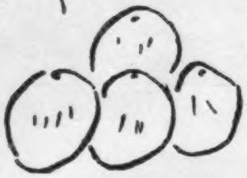
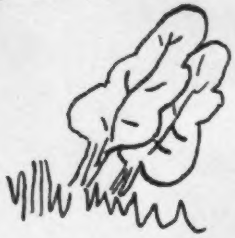
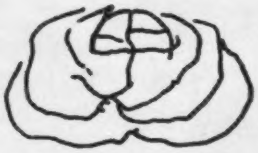
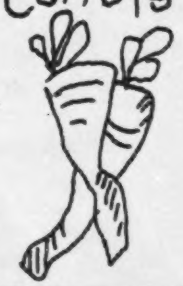
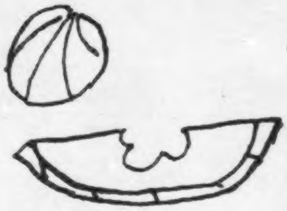
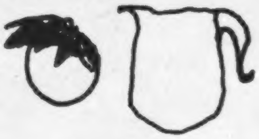
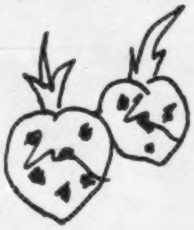
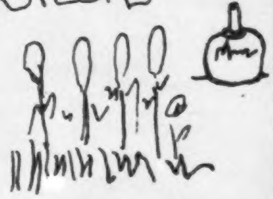
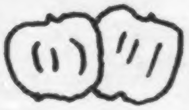
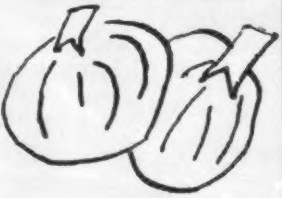
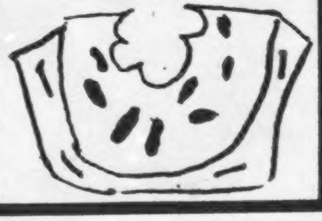
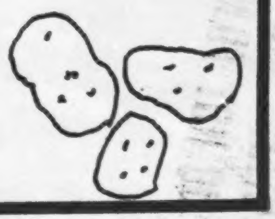
Collards 	Red Peppers 	Butternut Squash 	Tomatoes 
Grapefruits 	Swiss Chard 	Water Cress 	Carrots 
Cantalope 	Tomatoe Juice 	Strawberries 	Mustard Greens 
Green Peppers 	Pumpkins 	Water Melon 	Potatoes 

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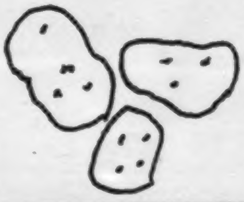
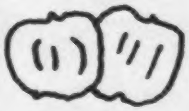
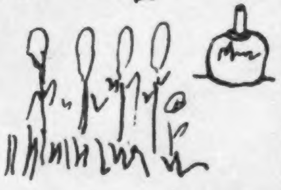
Potatoes 	Tomato 	Cantalope 	Brussel Sprouts
Collards 	Carrots 	Lemons 	Grapefruit Juice
Spinach 	Butternut Squash 	Sweet Potatoes 	Tomatoe Juice
Green Peppers 	Grapefruits 	Mustard Greens 	Swiss Chard

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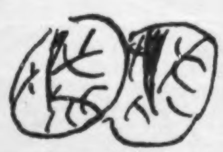
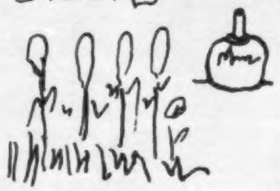
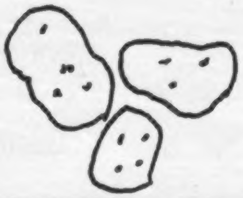
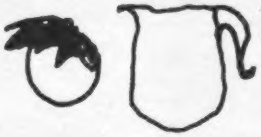
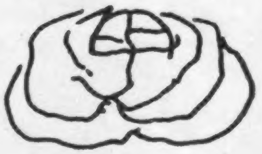
Grapefruit Juice 	Brussel Sprouts 	Brocolli 	Pumpkins
Cabbage 	Turnip Greens 	Mustard Greens 	Potatoes 
Hubbard Squash 	Orange Juice 	Red Peppers 	Tomatoe Juice 
Water Cress 	Collards 	Carrots 	Swiss Chard

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